



Bilgola Plateau Probud Club

Expression of Interest

**CPR DEMONSTRATION
AND OTHER FIRST AID PROCEDURES**

**NEWPORT SURF LIFE SAVING CLUB
TUESDAY, 16 DECEMBER
(time to be confirmed)**



The Newport Surf Life Saving Club will demonstrate CPR techniques and other first aid procedures to our members on Tuesday, 16 December (time to be confirmed). Please note this is a **DEMONSTRATION**.

Cost: FREE

Please note you will need to climb stairs to access the training area at the Surf Life Saving Club.

If you would like to attend the demonstration please contact Mike Musgrave, mikeatnewport@gmail.com, by 1 December.