

Name of Program	Description	Length	Cost per Person
Pandemic Flu	What to expect; the difference between seasonal and pandemic flu; how it spreads and prevention; preparation for a Flu Pandemic	1 Hour	Free
Protecting Your Skin	Protecting yourself from UVA/UVB Sun Rays – Using Sun Block	30 Min.	Free
Pedophile Awareness	To inform the community of pedophilia and steps they should take if they suspect an individual may be engaging in behavior that is potentially harmful to children	45 Min.	Free
Slips, Trips and Falls	To give individuals in the workplace the knowledge and skills necessary to identify and reduce the risks of slips, trips, and falls.	1 Hour	\$10.00
Your Heart Matters	To give individuals in the workplace an introduction to the knowledge necessary to identify and reduce their risk of coronary heart disease.	1 Hour	\$10.00
Workplace Violence Awareness	To give individuals in the workplace the knowledge necessary to identify and reduce the risk of workplace violence.	1 Hour	\$10.00
Ergonomics	To give individuals in the workplace the knowledge and skills necessary to identify and reduce the risks for musculoskeletal disorders (MSDs).	1 Hour	\$10.00
Back Injury Prevention	To give individuals in the workplace the knowledge necessary to identify and reduce the risk of back injury.	1 Hour	\$10.00
Managing Stress	To introduce individuals in the workplace to the knowledge necessary to recognize and manage stress.	1 Hour	\$10.00
Safe Baby	To provide participants with the knowledge and skills necessary to help sustain an infant's life and minimize the consequences of injury or sudden illness until EMS arrives.	1 Hour	\$10.00
HIV/AIDS Community Education Fundamentals and Prevention	To help participants learn and apply HIV/AIDS prevention practices to their own behavior.	1 Hour	Free
Bloodborne Pathogens	To reduce the risk of disease transmission.	1 Hour	\$10.00
First Aid and CPR for Everyone	To help those who are unable or unwilling to participate in a traditional CPR or First Aid program understand the essentials of helping in an emergency.	At home	\$10.00
Cat/Dog First Aid	To help pet owners know how to respond to emergency situations involving their pets	At home	\$17.00
Family Caregiving	To help people learn how to care for their loved ones in need of assistance	At home	\$25.00
Home Pool Safety	To learn how to stay safe around your home pool	1 Hour	Free
First Aid and Safety for Babies and Children	To help parents/caregivers learn how to get help in an emergency, handle life-threatening emergencies and administer first aid.	At home	\$17.00
A Family Guide to First Aid and Preparedness	To help families prepare for disasters such as hurricanes, floods, fires and even terrorist events.	At home	\$17.00