



Capital Region Chapter

# Save-a-Life Saturday

**Saturday, March 30—8 a.m. until 1 p.m.**

Join the American Red Cross for Save-a-Life Saturday and learn life saving skills that will better prepare you and your family for emergencies.

**Participants will learn:**

- Hands-only CPR
- Disaster kit contents
- Disaster plan information
- Critical tips on how to stay safe during emergencies.

**Location:**

Davis Farmers Market  
Central Park, 4th & C St.  
Near north play structure  
[www.redcross.org/CapitalRegion](http://www.redcross.org/CapitalRegion)

Activities for kids! Drawings for deluxe emergency preparedness kits!

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**American Red Cross**  
Capital Region Chapter