

Wilderness & Remote First Aid

Do you:

- ♦ Snowmobile?
- ♦ Mountain bike?
- ♦ Hunt?
- ♦ Quad?
- ♦ Hike?
- ♦ Kayak ?
- ♦ Berry pick?
- ♦ Camp?
- ♦ Fish?



ALIB Health and Wellness is hosting a 3 day Wilderness and remote first aid course.

April 21, 22, 23 2017

If you like to enjoy the Great Outdoors this course is ideal for you!

You will:

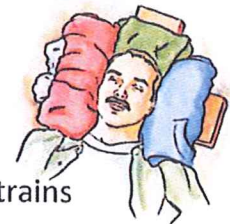
Learn basic Wilderness & Remote first aid, Standard First aid & CPR.

Practice realistic, hands-on outdoor scenarios.

Learn to recognize & treat minor injuries like cuts, burns, sprains & strains

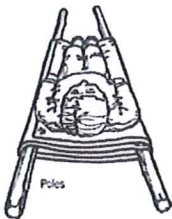
Learn to recognize & treat serious injuries like head trauma, spinal injuries, shock, hypothermia & other medical emergencies.

Learn to provide extended care for up to 24 hours, build stretchers, manage multiple casualties & plan for evacuation.



Please note parts of this course are taught in an outdoor setting and requires physical activity and endurance you must be 18 years or older.

This course will start on Friday April 21 at 5:30pm (in class)



Saturday April 22 9:00am-6:00pm & 8:00pm-10:00pm (all day outdoors)

Sunday April 23: 9:00am-5:30pm (all day outdoors)

If you are interested and would like to register or have any questions please contact Jeromy or Robin at 250-679-7726