

**For Immediate Release**

September 10, 2025

Contact: 262-284-8170

**Free and Low-Cost Lifesaving Training**

The Washington Ozaukee Public Health Department is now offering monthly training on Cardiopulmonary Resuscitation (CPR), First Aid, Stop the Bleed, and Narcan. According to the American Heart Association, in one year alone, 436,000 Americans die from a cardiac arrest. Immediate CPR can double or triple chances of survival after cardiac arrest. Individuals are encouraged to attend one of the following classes to learn how to save lives from cardiac arrest, fatal injury, or substance use overdose.

**Education Class**

This one-hour class provides general education in CPR, First Aid, Stop the Bleed, and Narcan. This class is ideal for community members who want to learn the basics without formal certification.

- Time: 9:00 AM – 10:00 AM
- Cost: Free

**Basic Life Support (BLS) CPR Certification/Recertification Class**

This class provides education and hands-on demonstrations for BLS CPR. First Aid, Stop the Bleed, and Narcan are also included in this class. Participants must receive a score of 85% or above to receive a BLS certificate.

- Time: 1:00 PM – 4:00 PM
- Cost: \$40 for the public / \$20 for County employees

The classes are available at the following locations.

**1<sup>st</sup> Thursday of every month**

**Time:** 9-10am or 1-4pm

**Location:** Public Agency Center  
333 E Washington St, Suite 1100  
West Bend, WI

**2<sup>nd</sup> Wednesday of every month**

**Time:** 9-10am or 1-4pm

**Location:** Administration Center  
121 W Main St, Room 246  
Port Washington, WI

For more information or to register for a class, visit: <https://wophd.readyop.com/fs/4cDk/7fb8c315> or call 262-284-8170.

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