




ACL

Family First Aid at ACL Harlow

Come along and learn some lifesaving techniques to keep your family safe. This Family First Aid session is for families. Learn how to perform CPR, how to deal with choking, burns and poisoning and common childhood medical concerns.

Date: 15/10/2025 & 22/10/2025 Time: 10:00 - 12:00



**Scan the QR code, or
Visit our website
acessex.com and type
‘FIRST AID’ or “HO3A01FC25”
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Essex County Council