

# RED WATCH BAND

## TRAINING SESSIONS IN UC 312

OCTOBER 8TH 2-3:30PM

OCTOBER 14TH 3-4:30PM

NOVEMBER 7TH 12-1:30PM

NOVEMBER 20TH 6-7:30PM

EVERYONE RECEIVES A CERTIFICATE AND A RED WATCH FOR COMPLETING THE 1.5 HOUR TRAINING PROGRAM • YOU CAN HELP SAVE A FRIEND'S LIFE! FREE FOOD AT ALL TRAINING SESSIONS • LOOKS GREAT ON A RESUME REQUEST A RED WATCH BAND TRAINING FOR YOUR STUDENT ORG BY CONTACTING [PIRIZARRY@UMBC.EDU](mailto:PIRIZARRY@UMBC.EDU)

REGISTER ON MYUMBC: [WWW.MY.UMBC.EDU/GROUPS/HEALTHED/EVENTS](http://WWW.MY.UMBC.EDU/GROUPS/HEALTHED/EVENTS)

PROGRAM DEVELOPED BY STONY BROOK UNIVERSITY