



Stop the Bleed

Blood loss is a leading cause of death from traumatic injury.
Do you know how to stop or slow a hemorrhage and help save a life?

Winchester Medical Center Trauma Services is offering a free one-hour class for community members to learn the basics of bleeding control in an emergency.

Bleeding Control Basic Course
Second Wednesday of each month, 7–8 P.M.
Valley Health Wellness & Fitness Center, Classroom A

Attendees will learn how to properly apply pressure, fasten a tourniquet and pack a wound. Advance registration required.

Register online, valleyhealthlink.com/stopthebleed, *FREE* class
Ages 14+ (under 18, must be accompanied by an adult)



For more information or to schedule a private class, call Perry McAlister,
540-536-5587 or email pmcalist@valleyhealthlink.com

For more information on Stop the Bleed, a public education initiative, visit www.bleedingcontrol.org