



Bystanders are always the first on the scene when a traumatic injury occurs. Time is crucial when waiting for first responders to arrive. A person who is bleeding can die from blood loss within a few minutes, so it's important to **"Stop the Bleed."**

**"Stop the Bleed"** is a nationwide campaign to empower individuals to act quickly and save lives. Health First trauma providers and the Brevard County Sheriff's Office have teamed up to offer hands-on courses teaching basic life-saving interventions such as using pressure, tourniquet application and hemostatic agents. Class includes a **free tourniquet for each participant.**

This two-hour course, **Bleeding Control for the Injured (B-Con)**, is designed for non-healthcare professionals. The classes are offered free of charge thanks to the generous support of the Health First Foundation, however, donations are being accepted to ensure the continuation of this life-saving training.

All classes are held at Health First Education and Training Center:  
3470 N. Harbor City Blvd., Melbourne, FL 32935

Courses are held from 5:30 to 7:30 p.m. on the following Thursdays:  
February 9 • March 9 • April 13 • May 11 • June 8

Courses are held from 9 to 11 a.m. on the following Saturdays:  
February 25 • March 25 • April 29 • May 27 • June 24



Education & Training

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is required and  
space is limited.  
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