

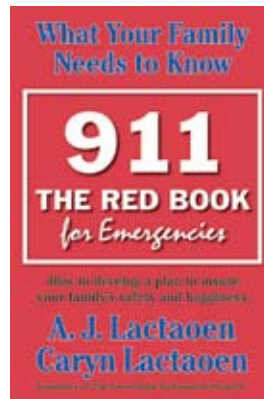
Do you have a plan for your family's safety?

- Do you know what to do if your child is choking on a hotdog?
- Do you know what to do if your neighbor cuts his foot while using his lawn mower?
- Do you know what to do if your father, who has Alzheimer's Disease, disappears?
- Do you know what to do if a thief grabs your purse while walking to your car?
- Do you know what to do if the smoke alarm goes off and your child is asleep upstairs?
- Do you know what to do if a category 5 Hurricane with 155 MPH winds is headed for your community?
- Do you know what to do if there is a threat of acts of terrorism?



If your answer is "no" to one or more of these questions, then consider attending these important workshops.

Workshops



Workshops are based on the book "911-The Red Book for Emergencies."

Every 911 Workshop is divided into two parts in order to provide not only information but also the knowledge and skills needed in a crisis.

COMMON SENSE STRATEGIES 101

Basic (1 Hour and 30 minutes)

Part 1 : The instructor will help families develop plans for dealing with any type of major emergency whether it is a medical emergency, an accident, a missing person, a victim of crime, a fire, a natural disaster or an act of terrorism.

Part 2: Hands on demonstration in Adult and Child CPR, First Aid techniques and the use of an Automatic External Defibrillator

COMMON SENSE STRATEGIES 102

Plus (2 Hours and 15 minutes)

Part 1: Families will learn a life management system which empowers them to make better decisions every day.

Part 2: Hands on demonstration in all of the techniques established in Basic 101. Additional demonstrations include Infant CPR, Pet CPR, Rape Escape options and the use of a Flu Survivor Kit.

Featured Speaker



A. J. LACTAOEN is an author and motivational speaker whose mission is to promote the principle of teaching people to help themselves by focusing on saving lives through education. He has been a college professor, a producer, an entertainer, a sports editor, a newspaper columnist, a business owner and a special events organizer. He graduated with honors from the University of Hawaii and did his masters and doctoral studies at the University of Minnesota. He is the founder of *911 Seminars* and is a certified instructor in emergency training for First Aid, CPR and AED. A. J. is a member of the National Association of Search & Rescue and a volunteer Community Emergency Response Team member. He is the author of the *Precepts of Happiness* and the co-author of *911 - The Red Book for Emergencies* with his wife, Caryn who is a certified trainer in *Common Sense Parenting*. They live in Princeville, Kauai.