



# Breath of Life

## CPR & FIRST AID TRAINING

### for Young Mothers

Learn lifesaving skills every mom should know  
— in a relaxed, family-friendly setting

#### *Date*

**Saturday, April 25, 2026**

10:00 a.m. – 12:00 noon

#### *Location*

**Foss Park Recreation Center**

1730 Lewis Avenue, North Chicago, IL



#### **Registration Required**

Scan QR Code to Register



**Exchange Club of  
North Chicago**



**City of  
North Chicago**



**North Chicago  
Fire Department**

Logo titles decreased for a cleaner look

**Continental breakfast • Upon completion of class receive "Moms Gift Bag"**

For more information Contact:  
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