

## CPR/First Aid

CPR can be completed anywhere in your community, but it will need to be in-person include First Aid along with covering Infants, Children, and Adults. Below you will find opportunities or suggestions from your local Arrow office. Please contact your Recruiter/Family Home Developer for any questions.

### Abilene

- Call Lynn Bivens at 325-665-1554 or 325-572-3505 to RSVP

### Amarillo

- Available Trainers in the area:
  - Trent Shelton: 806-231-4629
  - Jason Love: 806-341-8224
  - Tamara Bueker: 806-576-8871

### Austin

- Option 1: RSVP at <http://www.cpr-resources.com/calendar/>
- Option 2: Call 512-292-3130
- Option 3: Email Heather Hamilton at [hammyhamspr@yahoo.com](mailto:hammyhamspr@yahoo.com)

### Beaumont

- Contact Jeanne May at 409-504-0098 or [maydaycpr@gt.rr.com](mailto:maydaycpr@gt.rr.com)

### Brownwood

- Option 1: RSVP here <https://www.fitbyfaith.net/cprclasses>
- Option 2: Call Air Evac Lifeteam at 325-641-8988

### DFW

- Email [Elisabeth.Newton@arrow.org](mailto:Elisabeth.Newton@arrow.org) to RSVP

### Houston

- Contact Amy Travioli at [dontskipabate@ gmail.com](mailto:dontskipabate@ gmail.com)

### Lubbock

- Visit [lubbockcpr.com](http://lubbockcpr.com) and [lonestarcpr.net](http://lonestarcpr.net)

### McAllen

- Option 1: Contact J&A CPR services at 956-290-8599
- Option 2: Contact RGV CPR, LLC at 956-533-7975
- Option 3: Contact The Art Of CPR at 956-789-0199
- Option 4: Contact CPR Updates at 956-664-9858
- Option 5: Contact Cardiac heroes CPR at 956-314-2987

#### San Angelo

- Option 1: Contact Bryan Meeks at 325-374-8182 or [Lifesaver8182@gmail.com](mailto:Lifesaver8182@gmail.com)
- Option 2: Contact Joyce Gray at 325-939-2850 or 325-650-2507 (cell)

#### San Antonio

- Contact local American Red Cross for classes

#### Tyler

- Leigh Evans with HeartSavers at 903-714-6833
  - You can also sign up here: <https://championsforchildren.org/events-and-trainings/trainings/>

#### Waco

- Call office at 254-752-2100 to RSVP