



Small Business Workshops

All Workshops will be held at

**The Best Western
121 Burgin Drive
Cobleskill**

**Call To Register
518-827-3900**

September 21st 9:00 am – 11:00 am—No Charge

CPR Training for the Work Place - Why Learn CPR?

Cardiovascular disease is very common -- it's the #1 killer in US.

Heart attacks can happen suddenly, especially if you or your family has one or more risk factors (family history, overweight, poor diet, smoking, etc).

Most medical emergencies occur in a person's home, business or other place of recreation.

Would you or your employees know what to do if a co-worker or customer suffers a heart attack? You can't count on medical personnel to be nearby when you have an emergency, because chances are greater for sudden cardiac arrest to occur at home or work. If your family, friends and co-workers don't know CPR, life can be lost in mere minutes while waiting for help to arrive.

CPR buys time for the victim.

Once the heart stops beating, brain death can occur in 4 to 6 minutes. Performing CPR provides oxygen to the brain and other vital organs to give the victim the best chance of full recovery after EMS takes over. If immediate CPR is given and a defibrillator is used within the first few minutes following sudden cardiac arrest, the person's chance of survival doubles.

Training will be provided by professional staff from Rural/Metro Medical Service. Rural/Metro has been providing the highest level of emergency and non-emergency ambulance transportation to the area for more than two decades. Those completing the course will receive an American Heart Association (AHA) certification card valid for two (2) years.

The Chamber is waiving the fees for this lifesaving course. RSVP by Sept. 20.

October 26th, 8:30—11:00 a.m.

Small Business Networks & Internet Safety in the Work-place.

Angela Kogler - Upstate NY IT

A comprehensive view of creating safety in a small business network, employee use of the internet & email, productivity, company policy and internet usage, monitoring usage & disaster prevention management. The presentation will include discussion on hardware and software, wireless verses cabled connections, as well as creating a safe network from an outside security breach. Angela has 20 years of experience as an IT Specialist, business network support & maintenance, data recovery, technology planning, business Internet presence and more.

\$15 Chamber Members; \$25 General Public

RSVP by October 25th.

November 16th —Business Principles—Watch for Details.



335 Main Street
PO Box 966
Middleburgh, NY 12122

Phone: 518-827-3900
Fax: 518-827-7453
E-mail: