**RED WATCH BAND TRAINING**

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=DGnxU4gdrOrYzM&tbnid=jmkDeuCJBHJo6M:&ved=0CAUQjRw&url=http://www.stonybrook.edu/sb/redwatchband/&ei=V9QxUsLhCoj54AOz-ICQBQ&bvm=bv.52109249,d.dmg&psig=AFQjCNE8RBFqr6SKGgti2rZk6e3LfmdRzg&ust=1379083664149152)

**The Red Watch Band Program was designed to provide students of the college community with the knowledge, awareness, and skills to prevent toxic drinking deaths and to promote a student culture of kindness, responsibility, compassion and respect.**

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=i2AEwoR30xzZyM&tbnid=otbp4ewBBvOgxM:&ved=0CAUQjRw&url=http://studenthealth.uiowa.edu/free-cpr-and-aed-training/&ei=1tUxUtbOE6TE4APa5YDwDg&bvm=bv.52109249,d.dmg&psig=AFQjCNEjBqmIB0nXlj7i-X0GhipkJg5gSA&ust=1379083783673682)

**The training consists of active engagement with fellow participants and trainers that includes group discussions and role plays. There is also a health component where you will learn the core skills of CPR (hands-on only).**

**Show your Monarch Pride and**

**earn your Red Watch Band today!!!**

**Two Opportunities This Semester to Participate….**

Wednesday, February 19, 2014 3:00pm – 5:00 pm - Cape Charles Room

or

Monday, April 14, 2014 4:00pm – 6:00 pm – Isle of Wight Room

Refreshments will be provided!

Contact the Office of Counseling Services or e-mail Angela Holley at [amholley@odu.edu](mailto:amholley@odu.edu) to sign up. Maximum of 22 participants

*[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=bRZvDpSBrM47VM&tbnid=mgPj0CroGhBIKM:&ved=0CAUQjRw&url=http://www.northshoreoflongisland.com/Articles-i-2010-03-18-83391.112114-Man-in-Red-Watch-Band-death-guilty-joins-program.html&ei=uNQxUuXzLbOq4APFv4CYCA&bvm=bv.52109249,d.dmg&psig=AFQjCNEjBqmIB0nXlj7i-X0GhipkJg5gSA&ust=1379083783673682)*

***A Monarch Wellness: Physical event sponsored by the Office of Counseling Services, 757-683-4401***