**RED WATCH BAND TRAINING**



**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.**



**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 to sign up. Maximum of 22 participants

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