**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!!!**

**Thursday, May 29, 2014 2:00pm – 4:00pm – Chesapeake 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

**

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