



News Release

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Date: August 2, 2021

Platte County Lifestyle Coalition encourages CPR and first aid training

For Immediate Release

(COLUMBUS, Neb.) – The mission of the Platte Valley Lifestyle Coalition (PCLC) is to achieve healthier lifestyles through the development of relationships with our family, friends and neighbors by utilizing education, engagement and empowerment.

This month, the coalition is encouraging community members to live up to that mission by taking a cardiopulmonary resuscitation (CPR) and first aid class.

Many people think CPR and first aid classes are only necessary for those who typically respond to emergencies — people like emergency medical technicians, police officers, firefighters and lifeguards, for example.

But this training is also valuable for individuals who are not required to take these courses for their professions. For example, CPR can be a lifesaving skill for parents or relatives if a young child chokes or has a near-drowning situation. Likewise, knowing first aid could be crucial if someone witnesses a car accident or other injury-causing event.

No one wants to be in a situation in which CPR or first aid are necessary, but the unfortunate reality is that many of us will be faced with such a scenario. This training prepares people to be more than a bystander when that happens — it gives them the tools they need to take action and possibly save a life.

CPR and first aid classes are hands-on, interactive and available in our community.

Central Community College offers CPR and first aid training and a variety of healthy lifestyle classes right here in Columbus. To learn more about courses or schedule a training, call Lora Hastreiter of CCC Extended Learning Services at 402-562-1451.

CCC is an active member of the PCLC.



As part of its mission to promote healthy lifestyles, the PCLC is involved with several local health and wellness programs, including the Walk to Jerusalem, the Complete Health Improvement Program, running clubs at local schools, Walk with a Doc and more.

For more information about the PCLC or how you can become involved, contact Gene Vis, PCLC coordinator, at 402-562-4686 or edvis@columbushosp.org.

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