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Alabama ONE Aspire Foundation Continues to Give Back Offering First Aid and CPR Training Classes

Tuscaloosa, AL: Alabama ONE Aspire Foundation is excited to offer free American Red Cross First Aid, CPR and AED Training classes to the West Alabama Community again.

After completing a trial run of training class offerings in 2022, Alabama ONE Aspire Foundation has set a goal to have at least sixty community members certified in the American Red Cross First Aid/CPR/AED r.21 program. The American Red Cross First Aid/CPR/AED r.21 program is designed to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach participants the knowledge and skills needed to give immediate care to an injured or ill person when minutes matter, and to decide whether advanced medical care is needed. Alabama ONE Aspire Foundation CEO, Jacquie Johnson says, "The Alabama ONE Aspire Foundation and the American Red Cross partnership allows us to live out our mission of educating, equipping, and empowering others. With this training program, our community members can potentially save lives which is especially vital to our community members that live in rural areas and experience longer arrival times for emergency responders." This program offers a choice of First Aid, CPR and AED courses in traditional classroom or blended learning (online learning with instructor-led skill session) formats, in addition to optional skill boosts to meet the various training needs of a diverse audience.

In 2022, Alabama ONE Aspire Foundation made a \$3,500 investment into the community to provide the American Red Cross training programs at no cost to registrants. This year, the Alabama ONE Aspire Foundation expects to double their 2022 investment. Chief Growth Officer of Alabama ONE, Martin Houston states, "As Alabama ONE, we are committed to being a good community partner. We believe that helping citizens learn First Aid and CPR goes a long way in improving and saving lives."

The American Red Cross First Aid/CPR/AED r.21 trainings will take place at either the Tuscaloosa Gateway or The Link depending on date selection. All instructors are American Red Cross staff members and all materials provided. Space is limited to 12 people per class. All class times will be from 9:00am to 3:00pm. For a full listing of training dates and to register for a class, please visit: <https://www.alabamaonefoundation.org/cpr/>

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About Alabama ONE

Alabama ONE Credit Union, based in Tuscaloosa, Alabama, was chartered in 1951 as the TRW Federal Credit Union. Today, Alabama ONE is a \$978+ million-dollar, full-service financial institution currently with 18 branches serving more than 78,000 Members throughout Tuscaloosa, Montgomery, Mobile, Jefferson and 18 other counties, as well as the employees, trustees, retirees, family members and members of the 23 Alabama rural electric cooperatives. Alabama ONE is now a statewide franchise reaching 57 of the 67 counties in Alabama. Alabama ONE provides a unique offering of consumer and business-related products, as well as wealth management and an in-house insurance agency. Alabama ONE is dedicated to giving Members the resources they need to build the strong financial future they deserve.

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