



NEWS RELEASE



For Immediate Release

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(1/31/25) Southern 7 February “Stop The Bleed” Trainings Scheduled (Open to Anyone age 18 and Older)

Southern 7 Health Department’s Medical Reserve Corp (MRC) announces its February “Stop The Bleed” community trainings for Southern Illinois. Training is open to anyone age 18 and older.

February 3	Shawnee Community College Massac County Extension Center, Metropolis	6:00 to 7:30 p.m.
February 4	Shawnee Community College Union County Extension Center, Anna	6:00 to 7:30 p.m.
February 18	Shawnee Community College Alexander County Extension Center, Cairo	6:00 to 7:30 p.m.
February 19	Anna-Jonesboro Community High School, Anna	6:00 to 7:30 p.m.
February 27	Massac County High School, Metropolis	6:00 to 7:30 p.m.

Southern 7 Health Department’s Medical Reserve Corp (MRC) has been awarded funding to conduct “Stop The Bleed” (STB) community trainings in the lower seven Southern Illinois counties through April 2025. The program is being coordinated through a partnership between the health department and the Regional Hospital Coordinating Center (RHCC), who will provide the personnel to conduct the trainings. Participants who complete the free training will receive a STB starter kit.

“The purpose of the STB campaign is to build community resilience,” said Bobi Cavins, Southern 7 Health Department Emergency Preparedness Coordinator. “In doing so, residents are better prepared to save lives by knowing how to help in bleeding emergencies. These trainings enhance public health and safety while fostering collaboration among community organizations.”

“Stop The Bleed” trainings are being scheduled at community locations throughout the region. Trainings will be 1 to 1 ½ hours depending on student participation. Each class will be limited to 25 participants age 18 and older. Pre-registration is required.

To register for an upcoming training, visit the Emergency Preparedness page at www.southern7.org or Southern 7 Health Department on Facebook. For more information, or to host a “Stop The Bleed” training in your community, call Bobi Cavins at 618-634-2297 ext. 971123.

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