



NEWS RELEASE



For Immediate Release

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(2/24/25) Southern 7 March “Stop The Bleed” Trainings Scheduled (Open to Anyone age 18 and Older)

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

March 1	Shawnee Comm. College Main Campus, Ullin	10:00 to 11:30 a.m.
March 6	Hardin County School Commons Area, Elizabethtown	6:00 to 7:30 p.m.
March 8	Fellowship Baptist Church, Vienna	10:00 to 11:30 a.m.
March 18	Shawnee Comm. College Alexander County Extension Center, Cairo	6:00 to 7:30 p.m.
March 19	Anna-Jonesboro Comm. High School Library, Anna	6:00 to 7:30 p.m.
March 22	Goreville School Cafeteria, Goreville	10:00 to 11:30 a.m.
March 27	Meridian School Cafeteria, Mounds	6:00 to 7:30 p.m.
March 28	Pope County High School Community Room, Golconda	6:00 to 7:30 p.m.
March 31	Vienna High School Media Center, Vienna	6:00 to 7:30 p.m.

Southern 7 Health Department’s Medical Reserve Corp (MRC) was 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.

“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. Dates, times, and locations are subject to change without notice. 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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