



NEWS RELEASE



For Immediate Release

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(3/5/25) Southern 7 April “Stop The Bleed” Trainings Scheduled

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

April 1	Pulaski/Alexander County Farm Bureau, Mounds, IL	6:00 to 7:30 p.m.
April 2	Hardin County School, Elizabethtown, IL	6:00 to 7:30 p.m.
April 3	Century School, Ullin, IL	6:00 to 7:30 p.m.
April 4	Massac County Farm Bureau, Metropolis, IL (to be held at Massac County Youth Fair Community Building)	6:00 to 7:30 p.m.
April 7	Union County Farm Bureau, Jonesboro, IL	6:00 to 7:30 p.m.
April 14	Arrowleaf Clyffe Café, Vienna, IL	6:00 to 7:30 p.m.
April 21	Mt. Zion Missionary Baptist Church, Buncombe, IL	6:00 to 7:30 p.m.
April 23	Anna-Jonesboro Community High School, Anna, IL	6:00 to 7:30 p.m.
April 29	Pope County High School, Golconda, IL	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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