



# NEWS RELEASE



## **For Immediate Release**

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### **(4/23/25) Southern 7 May “Stop The Bleed” Trainings Scheduled**

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

May 1	Goreville School Cafeteria, Goreville, IL	6:00 to 7:30 p.m.
May 15	Waldo Baptist Church, Metropolis, IL	6:00 to 7:30 p.m.
May 19	Pope County High School Community Room, 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. 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 17 and older. Pre-registration is required.

To register for an upcoming training, visit the Emergency Preparedness page at [www.southern7.org](http://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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