

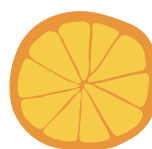


Join us in celebrating Bijoy Dibosh, hosted by Shilpangon, featuring Cultural programs, CPR course, children's art workshop, and discussion on mental well-being. This event is organized in collaboration with the Rotary E-Club of Heritage, Smart Rotaract Club, and PEDSI Global Health.

COMMUNITY CPR COURSE: 10AM - 12PM

Learn CPR, operate an AED, and assist someone who's choking. This is ideal for anyone with little to no medical training who wants to be prepared for emergencies.

- ✓ American Heart Association affiliated CPR course Hands-on Training with Manikins
- ✓ Open to High School age Children and Adults
- ✓ CPR PreCourse Handout
- ✓ Individual CPR Mask to use and keep
- ✓ AHA BLS e-Card / Certificate of Completion
- ✓ Fee \$25 - Donation to Rotary Club of Heritage
- ✓ Pay Fee \$25 - By Zelle: Heritagenyrotary24@gmail.com
- ✓ Register online: <https://www.peds.org/registration>



ART WORKSHOP & HEALTHY MIND INITIATIVES: 12PM - 3PM

A fun afternoon of art, cultural activities, volunteer activities with certificates, mental-health session for parents & kids, and pizza - open to all and FREE !

- ✓ Kid-friendly art workshop
- ✓ Family mental-health session with Pediatric professionals
- ✓ Join a Cultural program for all ages
- ✓ Volunteer opportunities
- ✓ Earn 3 Hour Community Service Certificate
- ✓ Free pizza for everyone
- ✓ Register online: <https://www.peds.org/registration>



DECEMBER 21, 2025 (SUNDAY)
*** CPR TRAINING: 10AM - 12PM**
*** ART & MENTAL HEALTH WORKSHOP: 12PM - 3PM**

GET IN TOUCH
 **917-331-1129**
@smart.rotaract

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