



2026 Meet Me at the Library Series

Basic First Aid & Stop the Bleed

Join Community Educator **Fatou Benoit** from **Palm Beach County Fire Rescue** to learn **Basic First Aid** and **Stop the Bleed**.

Topics covered include bleeding emergencies; shock, burns, poisoning; stings and bites; medical emergencies; musculoskeletal injuries and care; and heat stress and heat stroke.

Since uncontrolled bleeding is the most common cause of preventable death in trauma, Fatou will be providing hands-on training to teach us how to identify life-threatening bleeding and treat it by packing wounds, applying pressure and properly using a tourniquet.



Date: **Tuesday, January 27, 2026**

Time: **5 PM**

Where: **J. Turner Moore Memorial Library | 1330 Lands End Road, Manalapan FL**

RSVP: Erika Petersen | epetersen@manalapan.org or 561-383-2541, **by January 23, 2026**

Meet Me at the Library!