



The Birmingham area chapter of American Red Cross will be one of more than 100 participating in [the Gabrielle Giffords Honorary Save-a-Life nationwide event](#) this Saturday, March 19.

Attendees will receive free abbreviated training courses on hands-only CPR, the treatment of shock and how to treat wounds (classes normally valued at at least \$25). According to the page created for the event, the recent events in Arizona “reminded the nation of the importance of being prepared in the event of an emergency,” particularly in the area of first-aid training.

This will give many their first opportunity to visit the local chapter’s new headquarters ([114 22nd Street South](#)).

The classes are being sponsored nationally by Safeway and Walgreens (whom [The Birmingham News recently reported will move forward to renovate the former Engine No. 22 fire station on Clairmont Avenue](#) as part of plans to construct a new location for the pharmacy company on the adjacent property).