



**Would YOU know what to do if  
someone has life-threatening bleeding?**

**Average time  
to bleed out**



**Average time  
for 1st responders  
to arrive**



**Trauma-related  
deaths worldwide  
due to bleeding**



**LEARN TO  
STOP THE BLEED®**

**May 3, 2025**

**Courses at:**

**9:00AM**

**11:00AM**

**1:00PM**

**3:00PM**

**Legionnaires Lounge**

**Max 10 Participants  
per course**

**Sign Up soon to  
reserve your spot!**

**With Instructor  
Luke Procter**

*RCL Branch 67, 12 York St. N, Lindsay*

**Fill the gap and learn how to  
stop life-threatening bleeding.  
For FREE and in less than an hour,  
you can be prepared to save  
someone's life!**

**Sign up**

Email [LPROCTER1982@GMAIL.COM](mailto:LPROCTER1982@GMAIL.COM) to sign up



in cooperation with the  
U.S. Department of Defense



[Stopthebleedcoalition.org](http://Stopthebleedcoalition.org)