

# Q.P.R. Training: Question. Persuade. Refer.



**Downtown Nutrition and Total Transformation By Coach T LLC**  
**206 N Raiford Street | Selma NC 27526**

**May 18, 2024**  
**11:00 a.m. - 1:00 p.m.**

QPR stands for Question, Persuade, and Refer- the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Anyone including, parents, friends, neighbors, teachers, doctors, ministers, coworkers, and firefighters can learn to recognize someone at risk of suicide, know how to offer hope and how to get help and save a life!

We are limited to 30 participants - sign up today to reserve your spot. If the session is full, we will contact you and let you know that we have added you to a waiting list and you will also be notified first of any upcoming sessions.

*RSVP Required*

**Sign up here:**

**<https://www.poehealth.org/events/qpr-518/>**

Questions? Email Jessica Fowler at [j.fowler@poehealth.org](mailto:j.fowler@poehealth.org)



**Learn more: [PoeHealth.org](https://www.poehealth.org)**

