



**BOTSWANA
SOCIETY FOR
EMERGENCY CARE**

CPR DAY PROGRAM

TIME	PROGRAM
05:00–05:30	WALKERS ARRIVAL
05:30–05:35	OPENING PRAYER
06:00–06:20	WARM UP EXERCISE
06:20–08:20	SPONSORED WALK
08:20–08:55	COOL DOWN EXERCISE
08:55–09:05	KEYNOTE SPEECH- CO-WALKERS
09:05–09:15	SAFETY PRESENTATION
09:15–09:45	CPR
09:45–14:15	BREAKOUT SESSION