



# Free QPR Training

**Saturday, March 21, 2020, 1:30pm**  
**at Inspired Health & Fitness Expo**  
**of San Luis Obispo at the Alex**  
**Madonna Expo Center**

## What is QPR?

QPR stands for Question, Persuade, Refer,  
3 simple steps anyone can learn to help save a life from suicide.

QPR teaches participants how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to appropriate help. Join the hundreds of SLO County community members who have already been trained to help our friends, colleagues, family members, and neighbors through a suicide crisis.

