

WATSON CLINIC

NEWS RELEASE

FOR IMMEDIATE RELEASE
May 27, 2026

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WATSON CLINIC NOW OFFERING CPR CLASSES TO GENERAL PUBLIC

Lakeland, FL – Starting in June, Watson Clinic is pleased to offer a series of resuscitation classes that are open to the public. Led by Watson Clinic ACLS Instructor **Claire Jaworsky, RN, BSN**, each class provides participants with the training and certification they need to become proficient in Basic Life Support (BLS), Advanced Cardiovascular Life Support (ACLS) and Pediatric Advanced Life Support (PALS).

“You never know when you might encounter someone undergoing a life-or-death situation,” says Ms. Jaworsky. “Your ability to act fast with the proper skills can make all the difference. This training will help you respond confidently with life-saving measures during your everyday activities or in your work environment.”

The class schedule for the months of June and July are as follows:

Wednesday, June 10

BLS: 8:00 am - 9:00 am
ACLS: 9:15 am - 12:15 pm
BLS: 1:00 pm - 2:00 pm
ACLS: 2:15 pm - 5:15 pm
BLS: 6:00 pm - 7:00 pm

Tuesday, June 16

BLS: 5:30 pm - 6:30 pm

Saturday, June 27

BLS: 8:00 am - 9:00 am
ACLS: 9:15 am - 12:15 pm
BLS: 1:00 pm - 2:00 pm
ACLS: 2:15 pm - 5:15 pm
PALS: 5:00 pm – 8:00 pm

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Saturday, July 11

BLS: 8:00 am - 9:00 am
ACLS: 9:15 am - 12:15 pm
BLS: 1:00 pm - 2:00 pm
ACLS: 2:15 pm - 5:15 pm
BLS: 6:00 pm - 7:00 pm

Saturday, July 18

BLS: 8:30 am - 9:30 am
ACLS: 10:00 am - 1:00 pm

Saturday, July 25

BLS: 8:00 am - 9:00 am
ACLS: 9:15 am - 12:15 pm
BLS: 1:00 pm - 2:00 pm
ACLS: 2:15 pm - 5:15 pm
BLS: 6:00 pm - 7:00 pm

Each class takes place at the Watson Clinic Center for Education building at 1520 Lakeland Hills Blvd. in Lakeland.

Full-day site training for offices and facilities is also available. Email Ms. Jaworsky at CJaworsky@watsonclinic.com for more details.

Class fees are \$50 for Basic Life Support, and \$150 for Advanced Cardiovascular Life Support or Pediatric Advanced Life Support. These fees are payable in advance by choosing the date of your preference at WatsonClinic.com/Events.

About Watson Clinic: As one of the largest multispecialty medical clinics in the southeast, Watson Clinic provides comprehensive healthcare services to residents of Lakeland and surrounding communities. First established in 1941, Watson Clinic has grown to include over 200 board-certified physicians representing more than 40 medical and surgical specialties. The Clinic is proud to deliver quality healthcare to every generation from our Main Clinic location at 1600 Lakeland Hills Boulevard in Lakeland, as well as 18 additional convenient locations throughout Polk, Pasco and Hillsborough counties. More information is available at WatsonClinic.com, or follow us on [LinkedIn](#), [Facebook](#), [Instagram](#), [X](#) and [TikTok](#).

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