

## What is CATRAC?

CATRAC is a nonprofit organization mandated by DSHS serving an 11-county region with intent to reduce the incidence of trauma, acute illness and injury through education, data collection/analysis, disaster preparedness, and performance improvement.

Monthly Stop the Bleed training will be offered at the CATRAC office! All courses are open to the public. There is a 20 student limit per course.

## Where is the course?

4100 Ed Bluestein  
Blvd #207  
Austin, TX  
78721

## What is Stop the Bleed?

Stop the Bleed is a nationwide campaign that provides the general public with the knowledge to become trained and equipped to help with a bleeding emergency before the first responders can arrive to the scene. Stop the bleed is a one day; 90 minute training.

## When are the courses?

January 31  
February 21  
March 21  
April 18  
May 16  
June 20  
July 19  
August 22  
September 19  
October 17  
November 21  
December 19

## Where do I sign up?

<https://tinyurl.com/STBCATRAC>

