

# Seizure Recognition and First Aid Certification Training

**FREE  
TRAINING**

**August 28, 2026 • 1:30PM – 2:45PM**

Langston University, Tulsa Campus, Auditorium  
914 N. Greenwood Ave., Tulsa, OK 74106

**Everyone with a brain is at risk of having a seizure,  
and 1 in 10 people will have a seizure in their lifetime!**

## Participants will be able to:

- Define seizures and epilepsy
- Identify correct and incorrect steps for helping a person having a seizure
- Identify when it would be necessary to call emergency personnel (911) in the event of a seizure.

## Instructors



**Crystal Hall, DrPH**  
**Epilepsy Foundation**  
Regional Director,  
Eastern Region



**Desmond W. Delk, PhD, MPH**  
**Langston University**  
Associate professor and  
Chair of the Department of  
Health, Physical Education,  
and Recreation



**Register  
today!**

[https://bit.ly/  
LangstonPHSeizureFirstAid](https://bit.ly/LangstonPHSeizureFirstAid)



**Continuing Education Units  
(CEUs) Available**