



NESTED LLC

**PREPARATION FOR BIRTH, BABY & BEYOND AND
LIFE-SAVING SKILLS TO BUILD HEALTHY COMMUNITIES**

Drawing upon more than 2 decades of experience as a healthcare provider, public health advocate, educator and mom, [Nidhi Reva, MPH, PA-C](#) founded Nested LLC in 2017 to provide educational classes focused on preparing expectant families & providing life-saving skills to build healthy communities.



OVERVIEW



Nested's comprehensive, HIPAA-compliant classes and American Red Cross CPR certification classes promote a safe, casual, interactive learning environment -- *great for individuals & families as well as for workplace team building for groups, companies and organizations.*

The CPR certification classes provide life-saving skills education to recognize & respond to a variety of breathing and cardiac emergencies involving babies, children and adults. Nested's childbirth and newborn care classes also prepare expectant parents, grandparents and caregivers for the physical & emotional pregnancy issues and for their baby's arrival.

Nested has successfully educated thousands of families and individuals with the highest quality of education.



Nested LLC is recognized as the TOP Parent Education Practice for the Washington, DC / Maryland / Virginia metro area as featured on the TOP Doctors Interviews seen on CNN Headline News, FOX News, Oprah Winfrey Network, BRAVO, MSNBC & other networks.

5-STAR REVIEWS

Our clients are so wonderful! They email us and post testimonials & photos for use on our social media as well as our website. They also post 5-star reviews of our classes on [Google](#) & [Yelp!](#)



GIVING BACK



Nested LLC has a philanthropic mission, [Project Nido*](#), helping those in need in the DC area, and participates in medical mission trips overseas with Partners of Andean Community Health ([PACH](#)). PACH provides affordable health care & surgical services to the Chimborazo Province in Ecuador. Project Nido provides free medical & dental care to the indigenous and migrant populations of Ecuador.

**The word "nido" is Spanish for nest.*

WWW.NESTEDBABY.COM

OUR CLASSES*

Nested offers several classes that include American Red Cross (ARC) Pediatric & Adult CPR/Choking Prevention/First Aid/AED certification (called "CPR Certification class") in a blended learning class format consisting of a self-paced, interactive online session (taken at your home), followed by an in-person, hands-on skills training session with a certified ARC instructor.

Nested's ARC courses are consistent with AHA Guidelines for CPR/ECC, cover breathing & cardiac emergencies, including CPR, AED, and obstructed airways. They are also OSHA compliant and meet other workplace & regulatory requirements.

***Nested curricula are continually updated to ensure it addresses the latest medical care & healthcare trends.**



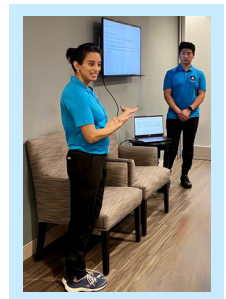
All of [Nested's classes](#) are taught by licensed practicing medical health care providers, who adhere to a team-based approach. Our [Instructors](#) consist of physicians, nurses, a PA, an NP & a physical therapist.

IN-PERSON GROUP & PRIVATE CLASSES*

- Adult & Pediatric CPR/Choking Prevention/First Aid/AED Education Certification**
- Basic Life Support (BLS) for healthcare providers, including: EpiPen® instruction & NARCAN® (Naloxone) administration for opioid overdose
- Childbirth Education (CBE)
- Comprehensive Babysitting Course with Pediatric First Aid/CPR/AED Certification**
- Newborn and Infant Care with CPR certification & choking prevention (NB/CPR)**

**Private classes are not available on the days of group classes*

***These classes are ARC-blended classes*



ONLINE VIDEO CLASSES: 1-MONTH MEMBERSHIP ACCESS

- Childbirth Education (CBE)
- Newborn and Infant Care with informational CPR & choking prevention (NB/CPR)



These are professionally produced with closed-captioned, available 24/7 for one-month membership access -- viewers can start, stop & watch it as many times as preferred; membership can be extended for a discounted rate once the month ends.

THE NUMBERS TO-DATE SINCE 2017*

- +3,600 class attendees
- +300 IN-person group classes: CBE, NB/CPR, CPR certification, Comprehensive Babysitting with CPR certification, and Preconception
- +50 private IN-person and LIVE virtual classes
- +40 LIVE virtual classes: CBE, NB/CPR and Breastfeeding Preparation (offered only Fall 2020-Spring 2022)
- +350 subscriptions for CBE and NB/CPR online VIDEO classes (launched Spring 2020)
- +30 Group Q&A sessions for CBE & NB/CPR online VIDEO class clients only (offered only 2020-2021)
- +10 in-person infant CPR & choking prevention refresher classes (offered only 2020-2021)
- 8 CPR certification classes (started Summer 2022)
- 5 Comprehensive Babysitting with CPR certification classes (started Summer 2022)

**These statistics are through 3/31/2023*