



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 (ARC) 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 also offers childbirth and newborn care classes to 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.



**AUTHORIZED & LICENSED
TRAINING PROVIDER**

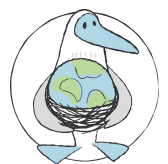
Nested LLC is recognized as the TOP Parent Education Practice for the Washington, DC / Maryland / Virginia metro area as featured on the TOP Doctors Interviews seen on CNN Headline News, FOX News, Oprah Winfrey Network, BRAVO, MSNBC & other networks.

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

CPR EDUCATION TEAM BUILDING FOR GROUPS, COMPANIES & ORGANIZATIONS

Building a strong team and work culture is imperative to a successful business and organization. Providing your team with First Aid & CPR certification (and BLS training) is a fantastic way to bring the team together AND prepare them with the ability to learn how to save other people's lives.

Participating in a CPR certification course provides the opportunity for colleagues to learn & work together on a common goal to save a life while also building trust, understand and stronger working-relationships.

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.

NESTED'S AMERICAN RED CROSS CPR CERTIFICATION CLASSES

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



Nested offers several American Red Cross (ARC) Adult & Pediatric CPR / Choking Prevention / First Aid / AED certification (called "CPR Certification") classes taught by Nested's ARC-certified instructors. All classes provide a scenario-based approach to developing the critical thinking and problem-solving skills that drive better outcomes.

Classes are offered in 2 formats: fully in-person class, and as a blended learning class format (a self-paced, interactive online session taken on your own, followed by an in-person, hands-on skills training session).

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

**Available to be taught fully in-person & as an ARC-blended class. **These classes are ARC-blended classes*



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.

CLASSES AT YOUR LOCATION

Nested will come to you! We'll bring the all the class supplies (computer, CPR dolls, lung bags, cleaning supplies, certificates, etc.). You'll need to provide a classroom & technology (e.g., Wi-Fi, power/extension cord, screen(s) and ability to connect our computer to it).

Onsite training is available on weekdays, evenings, and weekends to accommodate your scheduling needs.

Classes can be held both indoors and/or outdoors (weather-pending).

↓ **CONTACT US** ↓
↓ **TO LEARN MORE** ↓



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