



Hackensack
Meridian *Health*
Hackensack University
Medical Center



Hands-Only CPR

The American Heart Association (AHA) encourages members of the community to make a difference by learning CPR.

This class will focus on the following skills:

- recognizing the early signs of a heart attack
- providing effective compressions
- practicing the use of an AED



Location: Montvale Senior Center, Game Room

1 Memorial Dr. Montvale, NJ 08645

Date: Wednesday, August 18, 2021

Time: 1:00 p.m. - 2:00 p.m.

Registration is required

Please call HARP: 551-996-2038

This class is being offered by the Health Awareness Regional Program of Hackensack University Medical Center, Hackensack Meridian *Health*