



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
- *NO Certification for this class*



**Location: Ramsey Senior Center**

**Date: July 19, 2022**

**Time: 11:00-12:00**



**Registration is required**

**Call Ramsey Health Dept at 201-825-3400 x245**

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