



Northwest Medical Center

A Tradition of Community Healthcare

Northwest Medical Center – Media Alert

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Contact: Ashley Shisler, Marketing/Communications

(660) 726-3941, ashley.shisler@northwestmedicalcenter.net

Free Community CPR Class Offered at Northwest Medical Center

Northwest Medical Center (NMC) will hold a Community American Heart Association (AHA) Heartsaver CPR/AED class on Wednesday, July 8 from 8 a.m. – noon in the Outpatient Conference Room at the hospital.

According to the AHA, nearly 425,000 out-of-hospital cardiac arrests occur annually in the United States and about 80 percent of cardiac arrests happen in a private or residential setting. Unfortunately, only 41 percent of people who experience a cardiac arrest at home, work or in public get the immediate help they need before emergency help arrives. CPR is an invaluable skill and knowing how to administer it could mean the difference between life and death.

Heartsaver CPR AED is a classroom, video-based, instructor-led course that teaches adult CPR and AED use, as well as how to relieve choking on adults and infants. This course teaches skills with AHA's research-proven Practice-While-Watching technique, which allows instructors to observe the students, provide feedback and guide the students' learning of skills.

Registration is required. Must be 14 years or over to participate. To learn more or to register, please call Lori Bishop at 660.726.1136.

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