

PRESS RELEASE:

Feb. 16, 2011

On-Call Media Cell: (828) 674-2358

Pardee and the American Red Cross to host free CPR classes

(Hendersonville, N.C.) March is Red Cross month and as a gift to the community, Pardee Hospital is partnering with the [American Red Cross](#) to host a series of free CPR certification classes and Citizen CPR (hands-only CPR) classes on Sat., March 12 at multiple locations in Henderson County.

An adult CPR certification class will be held at Mountain First Operations Center from 8 a.m. until 12 p.m. and then again from 1 p.m. until 5 p.m.

An infant/child CPR certification class will be held at the Pardee Health Education Center, located in the Blue Ridge Mall, from 9 a.m. until 1:30 p.m. New parents are encouraged to attend.

An adult/child CPR certification class will be held at the Hendersonville Girl Scout Hut from 9 a.m. until 2 p.m. Girl Scout leaders are encouraged to attend to learn CPR skills for both adults and children.

Pardee will host the Citizen CPR classes in the hospital's video conference room and orientation classroom, both located on the ground floor. The classes will start at 9 a.m. and will continue every half hour until 3:30 p.m.



Citizen CPR, or hands-only CPR, takes about 30 minutes to learn and there is no mouth-to-mouth contact. Research has shown that continuous compression-only CPR can be effective in caring for a person with no signs of life when a rescuer is unable, untrained or unwilling to perform full CPR. The Henderson County Chapter of the American Red Cross encourages people to get full CPR training and to have at least one person in every household trained in lifesaving skills.

CPR Made Simple classes, which focus on teenagers and families, will be held at the Henderson County Family YMCA starting at 9 a.m. and will continue every hour until 3:30 p.m. High school students are encouraged to participate as the YMCA will be hosting a spirit competition between area high schools for this event.

Registration for all of these classes is strongly encouraged and can be made by calling (828) 693-5605 as capacity is limited for all classes. For more information about the CPR classes visit the [Pardee blog](#) or www.hcredcross.org.

[Pardee Hospital](#) is a not-for-profit community hospital founded in 1953. The main hospital is licensed for 222 acute care beds and is the second largest employer in [Henderson County](#). The hospital has several locations separate from the main campus, including an adult day services center, a health education center in the Blue Ridge Mall, home care services, a rehab and wellness center, a midwifery program, various family





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and internal medicine practices, and an urgent care facility. For more information or to find a physician, call 1-866-790-WELL (9355) or visit www.pardeehospital.org.

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