

FOR IMMEDIATE RELEASE:

MRCC TO HOST CPR SEMINAR

Mahwah, NJ (January 3, 2017) – The Mahwah Regional Chamber of Commerce will host a special “Munch and Learn” CPR seminar at the MRCC office (One International Blvd, Suite 211, Mahwah) from 8:30-10:30 a.m. on Tuesday, January 31. Participants will learn about CPR and how to administer it when emergencies arise. Coffee and bagels will be available.

The seminar will be presented by Randi Colton of FitChick CPR. Colton will inform and educate attendees about all aspects of CPR. Participants will learn the difference between a heart attack and Cardiac arrest; learn how to administer CPR and what people can do in case of an emergency. Attendees will witness a CPR demonstration on an adult, child and infant.

The breakfast seminar cost for members is \$20 and \$35 for non-members. Please contact the Chamber office at 201-529-5566 or Mahwah.com for more information. Join the conversation on Facebook, Twitter, and LinkedIn; links available on our website.

Randi Colton, founder of FitChickCPR of Sloatsburg, NY, has over 25-years of experience in CPR and First Aid training. She offers a wide variety of custom classes in CPR, First Aid and AED (Automated External Defibrillator) training. Colton is also certified through many national health and fitness organizations, including National Academy of Sports Medicine (NASM), American Council of Exercise (ACE) and Aerobics & Fitness Association of American (AFAA).

About the Mahwah Regional Chamber of Commerce:

Founded in 1957, the Mahwah Regional Chamber of Commerce is a dynamic organization representing members from over 90 communities in the New Jersey/New York region. The Chamber’s membership includes retail, professional, service, and corporate businesses, large, medium and small. Its primary objective is to advance the general welfare and prosperity of the area MRCC serves so that its citizens and its business community may prosper. Particular attention and emphasis is given to the business, social, civic, cultural, and educational interests of the region.

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