



Health Promotion Programs for Grades 6-12

Hands only CPR and Early Heart Attack Care: Grades 6-12

Learn about heart attack “beginnings” which can occur weeks before an actual heart attack and the importance of knowing hands-only CPR. Early care equals a better outcome. Class Size: minimum-nine maximum-27 students

The New Generation of Tobacco Addiction: Grades 6-12

Though significant progress has been made with anti-cigarette campaigns, vaporizers have become increasingly popular among young adults. Become familiar with some of the Electronic Nicotine Delivery Systems (ENDS), how they compare to conventional cigarettes and their role as cessation devices.

Class Size: Classroom or large audience

Dark Side of the Sun/Skin Cancer Prevention: Grades 6-12

Skin Cancer is the most common type of cancer in the United States. Through a powerful presentation and true life documentary of a young woman’s battle with melanoma reinforcing the facts about protecting your skin.

Class Size: Classroom or large audience

Everything You Need to Know about Drugs and the Teen Brain in 22 Minutes: Grades 7-College

This program explains why the teen years are a critical time for brain development—and why drug use of any kind can derail the brain’s full potential when it comes to critical skills like thinking, remembering, learning and decision making. Class Size: Classroom or large audience

Programs can be modified to fit each school’s classroom period.

Program provided by Mid-Bergen Regional Health Commission in conjunction with Hackensack University Medical Center. Please call 201.599.6290.