PERSONAL EMERGENCY PREPAREDNESS TRAINING
In only 1 hour over the telephone!

- Non-Ambulatory Individuals
- Homebound or Frail Seniors
- Persons with Disabilities of all Ages
- Family Members and Care Providers

Join us to PREPARE to PROSPER!
Learn what items need to go into your basic emergency kit at home, safety tips & tools, other health considerations and how to create a Vial of Life.

For Information or to Register for an upcoming training, please call 510-881-5743

RSVP: 510-881-5743
(TOLL-FREE NUMBER WILL BE PROVIDED)
DATES: First Friday of Every Month!
(3/6, 4/3, 5/1, 6/5/2015)
TIME: 10:00 – 11:00 am

Provided by:
Community Resources for Independent Living

Sponsored by:
Alameda County Public Health
& Senior Center Without Walls