

FREE! Personal Emergency Preparedness Training Class with CARD!

For Service Providers of

- ❖ *Persons with Disabilities*
- ❖ *Frail Seniors*
- ❖ *Homebound/Nonambulatory Individuals*



Learn to be ready so you can respond and assist the most vulnerable individuals in our community!

This Personal Emergency Preparedness Training is a very personal look at preparedness, designed to address fears and move past barriers, and is tailored to individual needs of participants. Help employees, volunteers, or community members feel secure in their ability to deal effectively with emergencies, learn simple response skills, and feel safer – at home, at work or on the road.

**March 31, 7:00pm – 9:00pm at the Alameda Free Library
1550 Oak Street, Alameda, CA 94501**

Sign Up for a Space Today!

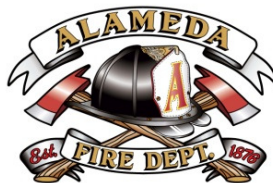
To RSVP call: (510) 268-7023 or email Rosanna.Lee@acgov.org

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