

# 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