

# PERSONAL EMERGENCY PREPAREDNESS TRAINING

*For Staff, Volunteers & Service Providers of*

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

**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.

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

**Come and join us on one of the following dates:**

- **May 30th, 6:30 – 8:30pm** **Ala Costa Center**  
1401 Pacific Ave., Alameda, CA 94501
- **June 13th, 6:00 – 8:00pm** **Alameda Hospital's Dal Cielo Room**  
2nd Floor 2070 Clinton Ave., Alameda, CA 94501
- **June 27th, 12:15 – 2:15pm** **Alameda Free Library**  
1550 Oak Street, Alameda, CA 94501

**For more information and to **RSVP** call: (510) 208-5907**

**Provided by:**



**COLLABORATING  
AGENCIES  
RESPONDING TO  
DISASTERS**

**Sponsored by:  
Alameda County  
Public Health**



# PREPAREDNESS TRAINING

*for*



*Seniors*



*Persons with Disabilities*



***Friday May 31, 2013***

***1:30 – 3:00 pm***

***Friday June 21, 2013***

***1:30 – 3:00 pm***

***Friday June 28, 2013***

***10:00am -11:30 am***

**EVERYONE CAN PREPARE FOR AN  
EMERGENCY OR DISASTER**

**Mastick Senior Center**

**1155 Santa Clara Avenue, Alameda, CA 94501**



**For More Information and to  
Register Please Call:**

**(510) 881-5743**

**Free materials and  
whistles to all attendees**

**Provided by:  
Community Resources  
for Independent Living**



**Sponsored by:  
Alameda County Public Health**



# EMERGENCY PREPAREDNESS TRAINING

over the telephone!

- ❖ Non-Ambulatory Individuals
- ❖ Homebound Seniors
- ❖ Persons with Disabilities

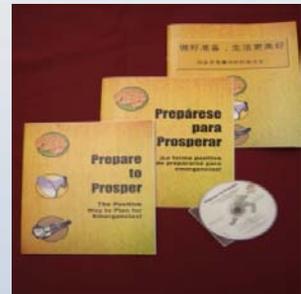
**Join us to  
PREPARE to PROSPER!**



**For Information or to Register, Please Call 510-881-5743**

Register early! Spaces are limited to 20 callers for each date.

Please provide 5 days notice for ASL interpreter requests or materials in large print or on CD.



**RSVP: 510-881-5743**

**(TOLL-FREE NUMBER WILL BE PROVIDED)**

**DATES: May 17, May 31, June 21 or July 8, 2013**

**TIME: 10:00 – 11:30 am**

**Provided by:  
Community Resources  
for Independent Living**



**Sponsored by:  
Alameda County Public Health**

