Disaster Preparedness Workshop

Earthquake

Flooding

for

Consumers of North Bay Regional Center & their Caregivers

Each of us needs to prepare ourselves, our family and our home for disaster. **North Bay Regional Center consumers** may need to make special plans. **Caregivers** also need to plan for disasters so they can continue to support those they care for.

This workshop will help you…

- **Create your own emergency contact list**
- **Create a personal emergency information sheet about yourself**
- **Receive other information and tips on surviving disasters**

What to bring to the workshop…

- **Your address book**
- **A list of your prescriptions or medications**

WHEN: Thursday, April 16, 2009 – 10:00 – Noon

WHERE: North Bay Regional Center
10 Executive Court, Napa

Light refreshments and a Department of Developmental Services Consumer Go-Kit will be served to each consumer in attendance. **For more information and to pre-register, please call (707) 823-8860 or email rrruge@pacbell.net**

If you or a consumer you know are interested in becoming a trainer, contact:
Richard Ruge at 707-823-8860 or rruge@pacbell.net

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