

Plan, Prepare, Volunteer

*You wouldn't run
a marathon
without training.*

*Preparing for an
emergency is no
different.*

*Help yourself, your family and your neighbors
during a disaster. From sandbagging to serving
meals, clearing roads to basic first aid, trained
volunteers are critical to disaster relief efforts.*

Get trained now so you can serve when an emergency strikes your community.

Event:

Date/Time:

Location:

Contact:

Phone:

