

# A FREE Community Education Program



# Personal Emergency Preparedness



**Friday, April 23rd  
2:00pm - 3:00pm via Zoom  
Course # 17591**

**Presented by Alameda County Fire Department and  
City of San Leandro Staff**

**Families or loved ones may not be together in an emergency, so it is important to plan in advance. Attend this highly interactive workshop to learn how to be better prepared as an individual or family.**

Topics include:

- What to do before, during and after an earthquake
  - How to make a family plan
- Building an emergency kit, what items should be included and the proper storage
- Basic mitigation strategies that you can do in your home to protect your family and valuables

Learn important information on topics that relate to seniors at our  
FREE Community Education Programs, now held on Zoom.

Seniors, family members, caregivers and friends are welcome to participate.

***A valid email address and pre-registration are required.***

***The Zoom link will be emailed to you the day of  
the presentation.***

Register online at [www.sanleandrorec.org](http://www.sanleandrorec.org) or by calling

**Customer Service • 1 (510) 577-3462**