

# September is National Preparedness Month



Learn CPR from Boston EMS and Receive a Free CPR Anytime Kit®



Fill out a File of Life with important medical information to place on your fridge for emergencies



Valuable skills to help you and your family during a disaster



Two workshops, first come first serve, informational tables, giveaways and more!

**EAST BOSTON**

## Workshops

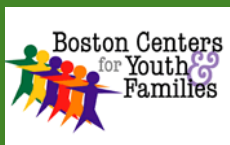
will be held from:

**1) 3PM to 5PM**

**2) 5PM to 7PM**

\*Seating is limited and will be offered on a first come first serve basis.

*Community Preparedness is Community Health*



**WEDNESDAY - September 14<sup>th</sup>, 2011 from 3PM to 7PM**

**Paris Street Community Center, 112 Paris Street, East Boston**