



SSAI Tele-learning Workshop

Monday, October 19 at 10am

Be Ready: Emergency Preparedness

- *Extreme Cold & Winter Storms*



Prepare your household for emergencies with our Be Ready workshops. These interactive one-hour sessions guide you through the four essential steps of emergency preparedness:

- Know the risks
- Make a plan
- Build a kit
- Build a network.

Each step is designed to help you take practical actions to stay safe, support your household and strengthen connections in your neighbourhood. Workshops are interactive, practical and designed to help participants take simple steps toward emergency preparedness.

For more information visit our website:
redcross.ca/Beready



**Canadian
Red Cross**

The Canadian Red Cross's National Risk Reduction and Resilience team contributes towards efforts building safe and resilient communities by addressing individual and collective risks related to disaster and crisis events, including health emergencies and climate change. Disasters related to climate change and severe weather events are increasing. When coupled with inequalities and vulnerabilities in Canada, the Canadian Red Cross has shifted the way it addresses emergency management, by focusing on the root causes of vulnerability to natural hazards and the need to integrate disaster risk reduction and climate change adaptation into community planning, development, and resilience-building efforts.

Visit our website for more information and to register:

saskseniors.com/workshops

Questions? Phone 306-493-3023 or email: info@saskseniors.com

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