

EMERGENCY PREPAREDNESS

MARCH 19th, 6 PM Oasis Room SVCH



<> **WILL YOU BE READY?**

A Coachella Valley Disaster Preparedness Network (CVDPN) program to strengthen our community's efforts to prepare for unexpected and disastrous events. Handouts will be available for residents to develop their own plans to be resilient and recover.

MARCH 25th, 1 PM

<> **CPR, AED, FIRST AID TRAINING**

Learn about Cardio Pulmonary Resuscitation (CPR), Automated External Defibrillators (AED) and basic First Aid. Hands-on practice. For your reservations/location here in Sun City, contact Marlene at Medical.EPC@scpdca.com



MARCH 31th, 1 PM

<> **STOP THE BLEED**

Desert Regional Medical Center presents a way to save a life by simple medical techniques on how to stop bleeding. Death can occur within 5 minutes and those using blood thinners are most vulnerable. Get Sun City reservations & place from Robyn at desertrobyn@gmail.com

