



**American
Red Cross**

Napa County Chapter

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**LOCAL RED CROSS CHAPTER AND RANCHO DE CALISTOGA
OFFERS DISASTER PREPAREDNESS TRAINING FOR MATURE
ADULTS 55 AND OVER**

Are you prepared to help yourself in the event of a major disaster? The next time a disaster strikes, you may not have much time to act. Professional responders and emergency services will be overwhelmed and will not be able to respond to your immediate needs. Learn how to protect yourself and cope with disaster by planning ahead.

On Saturday, February 21st from 10:00 a.m. to 12:00 p.m. at Rancho de Calistoga in Calistoga, the Napa County Chapter of the American Red Cross will conduct training designed for mature adults to help them better prepare themselves to respond to disasters of all types including earthquakes and fires. Each participant in the training receives a free starter disaster supply kit while supplies last. Refreshments will also be served.

“This training will give people tips on how to survive in a disaster and mitigate their suffering,” stated Training Instructor Joan Rocha. “For example, in the Napa earthquake a few years ago many people went to the hospital with cut feet because of broken windows and glass. If they had a pair of shoes beside their bed, that tip would have eased their pain.”

To register for this free class, call 942-8439.

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