



Presented by RB United and
Scripps Ranch Elder Care Alliance



“Protect Yourself”

*Emergency Preparedness Workshops
for Seniors 10 am – 11:30 am*

1. Friday, Oct. 22 – Evacuation & Communication Plan
2. Friday, Nov. 19 – First Aid Kit / Planning Ahead for Medicines & Devices
3. Friday, Dec. 17 – Packing Your To-Go Bag

Scripps Ranch Library

10301 Scripps Lake Drive, San Diego, CA 92131

Workshop: Community Room

Lite Snacks & Refreshments: Courtyard

FREE Workshops for SRECA members - JOIN NOW!

A \$5.00 donation is suggested for non members.

Additional parking on Meanley Drive, see map below.



Please RSVP by October 15 to SRECA:
[contact@sreldercare.org] or call 858-397-5747



“Save the Date” for all 3 Workshops.