



What would you do if someone was bleeding, choking, having a stroke or heart attack?

Are you prepared to use a fire extinguisher?

Are you prepared for a power outage, fire or weather emergency in your home?

You can learn all this and more at the

FREE

Community Emergency Response Classes

1st Class: Tuesday, September 25th, 6:00-8:30pm

Meredith Community Center

1 Circle Drive, Meredith, NH 03253

Classes to continue weekly for 9 weeks

For more information and registration, contact Kathleen Merriam, Coordinator of Volunteers at 528-2145 or email to: kmerriam@lrpph.org

Check out our web page at <http://www.lrpph.org/html/LR-CERT>

After classes are completed, there is an opportunity to become a member of the ***Lakes Region Community Emergency Response Team (LR-CERT)***

Just this past summer, LR-CERT:

- Provided fire and police departments with food, water and traffic control in the vicinity of fires and hazmat situations.
- Assisted with the Hepatitis C Clinic in Exeter
- Worked with EMS personnel at the Timberman Triathlon providing first aid and triage in the medical tent

A program of:

Lakes Region Partnership
for Public Health, Inc.



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www.lrpph.org