

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**

Class Dates: Friday, March 1, 6:00-9:00pm
Sat. March 2<sup>nd</sup>, 8:30 am – 4:00pm
Sun. March 3<sup>rd</sup>, 8:30 am – 4:00pm
Moultonborough Fire Department
1035 Whittier Highway, Moultonborough

For more information and registration, contact John Beland, Coordinator of Volunteers at 528-2145 or email to: jbeland@lrpphnh.org

Check out our web site on the www.pphnh.org/volunteer opportunities page

After classes are completed, there is an opportunity to apply for membership with the Lakes Region Community Emergency Response Team (LR-CERT)

Recently LR-CERT:

- Provided fire and police departments with food, water and traffic control in the vicinity of fires and hazmat situations
- •Provided disaster preparedness educations to citizens in the Lakes Region
- Assisted school based Flu Clinics in local school districts

A program of:

