



# DISASTER READINESS TRAINING

Learn life saving skills to help your family and community during disasters

**LEARN**

\* CPR \*  
\* HEIMLICH MANEUVER \*  
\* FIRE EXTINGUISHER OPERATION \*

**FREE**

BOX OF  
EMERGENCY  
FOOD

**FREE**

EMERGENCY  
SURVIVAL  
KIT

**LEARN**

HOW TO PREPARE  
YOUR HOME, CAR  
AND COMMUNITY  
FOR EMERGENCIES

OCTOBER 7 | 5 PM TO 8 PM  
INDIANOLA CLUBHOUSE

OCTOBER 11 | 5 PM TO 8 PM  
SUQUAMISH HOUSE OF  
AWAKENED CULTURE

Please RSVP online at:  
<https://bit.ly/SuqBeReady2022>





# DISASTER READINESS TRAINING

Join us and other Port Madison Indian Reservation Residents to learn what skills you need to know during a disaster. Each household gets a free box of shelf stable emergency food, an emergency supply kit, and training in personal preparedness, fire safety, and disaster first aid. Find out what it takes to get your neighborhood organized to be disaster ready.

## **Trainings schedule:**

**Indianola Clubhouse, Oct. 7, 5 - 8PM**

**Suquamish House of Awakened Culture, Oct. 11, 5 - 8 PM**

**This training is hosted by the Suquamish Tribe Office of Emergency Management, with support from Suquamish Community Health, North Kitsap Fire & Rescue and friends in the Suquamish and Indianola Community.**

**Please RSVP online at:  
<https://bit.ly/SuqBeReady2022>  
Or scan our QR Code --->**

