

# EMERGENCY PREPAREDNESS TRAININGS



## AV Wellness Community

335-B East Avenue K6  
Lancaster, CA 93535



## Description

Join us on Tuesdays for interactive trainings. In this series, you will learn how to prepare for emergencies, how to prevent falls, and how to respond to a life-threatening situation such as a cardiac arrest or opioid overdose.

## 2024 DATES

- **STOP THE BLEED**

10AM - 11AM

1st Tuesday of the month:

June 4, July 2, Aug 6, Sept 3, Oct 1, Nov 5, Dec 3

- **FALLS PREVENTION**

9AM - 10AM

2nd Tuesday of the month:

June 11, July 9, Aug 13, Sept 10, Oct 8, Nov 12, Dec 10

- **EMERGENCY PREPAREDNESS**

9AM - 10AM

3rd Tuesday of the month:

June 18, July 16, Aug 20, Sept 17, Oct 15, Nov 19, Dec 17

- **NALOXONE/HANDS-ONLY CPR**

9AM - 10 AM

4th Tuesday of the month:

June 25, July 23, Aug 27, Sept 24, Oct 22, Nov 26, Dec 24



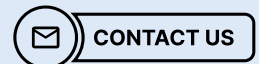
Register in advance, but  
walk-ins welcome



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SCAN  
ME!



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