

“BE RED CROSS READY!”

Join us on November 22, 2008

5:30 p.m. - 7:00p.m

At Islamic Center of San Diego (Multipurpose room)

- **In a thirty-minute presentation individuals will learn to prepare themselves and their families for disasters through the Red Cross preparedness steps:**

- ✓ **Getting a kit**
- ✓ **Making a plan**
- ✓ **Being informed**



**American
Red Cross**

- **Subjects include:**

- ✓ **CPR/AED (Automated External Defibrillator)**
- ✓ **First Aid Training**
- ✓ **Regular Blood Donations**
- ✓ **Volunteering Opportunities at your local American Red Cross**



***Keynote speakers will be Mr. Ricardo Moran and Ms. Mary Dulatre, the Red Cross representatives.**