

The Bergen County Division of Senior Services offers free presentations for seniors in Bergen County. Volunteer members of the Senior Advisory Council Health Committee will come to your senior center, club or organization to give talks on topics including the following:

**Are You Ready for an Emergency? Be able to say, “Yes I am”**

This presentation is led by Diana Guida Brown, LCSW, American Red Cross Disaster Mental Health, NJ Medical Reserve Corp, and NJ Disaster Response Crisis Counselor.

Learn how to:

- Take steps to prepare for all kinds of emergencies
- Develop an emergency plan
- Pack a “Go-Bag” to take with you if you have to leave your home
- Proceed during an evacuation or other emergency

Each presentation is approximately 45 minutes. Scheduling is ongoing and flexible.

For additional information or to schedule a talk, please call

Bergen County Division of Senior Services  
201-336-7438