

**September is National Preparedness Month**

**We can all take action to prepare**

**Thursday, September 28, 2017**

**1pm – 3:30pm**

**Disaster Preparedness 1pm-2pm**

When unexpected events occur such as hurricanes, northeasters or heavy snowfalls we sometimes wait for disaster to strike; and sometimes, we have no warning. In all situations basic knowledge and preparation is the key to survival and recovery. We will talk about what to have ready to go, how to plan with your family, about pets, as well as how you can prepare everything from documents to home protection.

**Special presentation by WILC staff on *NY Connects*, *No Wrong Door***

**Staying Strong and Resilient 2:20pm- 3:20pm**

****Are you facing challenges, had a change or loss in your life, or are a caregiver? How do you handle challenges, problems and hardships in your life? Learn strategies for staying strong and resilient, maintaining a positive outlook, and reducing stress.

Snacks will be served

*Workshops are Free but You Must Register*

Register by emailing [lkelly@putnamils.org](mailto:lkelly@putnamils.org) or call 845.228.7457 extension 1110

or through our website calendar on [www.wilc.org](http://www.wilc.org)

Putnam Independent Living Services

****1441 Route 22, Suite 204, Brewster NY 10590

**If you need any special accommodations please let us know ASAP.**