

ARE YOU READY?

Imagine—a Major Emergency such as a Hurricane, Tornado, Earthquake, Hazardous Material Spill, or Terrorism Act Hits *Sudbury*!

This unique Workshop series informs you about Sudbury's Emergency Preparedness Activities and how **YOU** can benefit!

Major emergencies can overwhelm the capabilities of first responders, particularly during the first 12 to 72 hours—or longer. Disasters could include: Hurricanes, Earthquakes, Pandemics (ex. Avian Flu), Floods, Fires, Chemical Emergencies, Heat Waves, Winter Storms, Terrorism, Tornadoes, Power Outages, etc. In this series of workshops, you will learn ways to help yourself, your family, and your business, and about community volunteer opportunities.

1. Introduction to Emergency Preparedness

Chief Kenneth MacLean, Sudbury Fire Department, and others

Q&A follows presentation Tuesday, October 9 6:30—9:30

Learn what steps you can take to help keep yourself and your family safe in your own home, or assist in your neighborhood or in the town. Discover the “Go-Bag.”

2. CPR Course – includes books. *Class size limited—first come, first served.*

Certified CPR Instructors Tuesday, October 16 6:00—10:00

For the person who only needs adult CPR training, this hands-on skills training prepares them to respond to respiratory and cardiac emergencies in adults.

About Community Emergency Response

Sudbury is organizing volunteers to help fire and police first responders in the event of a major emergency. Three volunteer efforts under way are the Community Emergency Response Team (CERT), the Medical Reserve Corps (MRC), and Vulnerable In-town Population (VIP) committee. All three groups are coordinating with Sudbury's Local Emergency Planning Committee (LEPC) to aid the town in the event of a disaster. *Q&A at end of each segment.*

3. Part 1 – Sudbury's CERT

Certified CERT Members Tuesday, October 23 6:30—9:30

This session is an introduction to a full CERT certification course planned for this fall. Several team members will discuss how you, as a CERT member, can assist in major emergencies.

4. Part 2 – Sudbury's MRC

MRC Members Tuesday, October 30 6:30—9:30

MRC's goal is to strengthen our community by establishing a system for medical and public health volunteers to offer their assistance and expertise to existing medical and emergency service providers during times of community need (*including an avian flu pandemic, among others*). Learn how you may help.

\$40 total fee for all four sessions. Class sizes may be limited.

If CPR course is filled, only \$10 covers the remaining three sessions.

No telephone registrations. Fall Schedule sent to households by school.

See Registration form on reverse of this flyer.

For information only, call Lincoln-Sudbury adult ed. dept. at: 978-443-9961, ext. 2235

Interested in joining CERT immediately?

Go to the Sudbury CERT Website:

www.town.sudbury.ma.us/committees/committee_home.asp?dept=CERT

Download the CERT Application form, and mail to fire department headquarters (address is at bottom of form).

Linda Hawes, Director
Roz Drawas, Assistant Director

Telephone: 9:00am-3:00pm

(781) 259 -9527
(978) 443--9961

www.lsrhs.net/community/AdultED/default.html

LINCOLN-SUDBURY ADULT EDUCATION FALL 2007 REGISTRATION PROCEDURES

Enrollment is open to anyone of high school age or older except where noted. Children cannot be accommodated in adult classes. **Please register by mail.** Order of receipt of registration will determine class lists. Students should consider their application accepted and report to class for the first meeting unless otherwise notified. No confirmations are sent if you have not registered prior to the first class meeting, please call the office before entering the class. All classes are held at Lincoln-Sudbury Regional High School unless otherwise specified. No phone registrations are accepted. **On first night of class, please enter and check in at the front entrance, facing Lincoln Rd. The school is large and spread out and this will ensure a prompt starting time for your class and confirming the room for class.**

TUITION AND FEES

Tuition fees as listed by course must be paid at the time of registration and accompany registration form by mail. A sufficient number of students must register for each course if it is to be given. Refunds in full will be granted for any course that must be canceled due to under enrollment or fee may be transferred to another course if there is space. Refunds for any reason other than cancellation of the course must be requested one week before the first class meeting, after that time tuition is committed to your course. There is no tuition reduction if a student is unable to attend all classes.

RESIDENTS OVER 65

Lincoln & Sudbury residents over 65 may request a 25% reduction of tuition by indicating birth date on their registration form. This reduction does not apply to lab, art, material fees, computer and outdoor classes.

CANCELLATIONS

Classes are not held on school holidays, during vacation weeks or whenever school has been cancelled. Call the High School for a recorded cancellation message. **No classes Sept.13, Oct.4, Oct.8, Nov.12, Nov. 21**

Mail checks to:

Lincoln-Sudbury Adult Education, 390 Lincoln Road, Sudbury, MA 01776.

For information only visit our website at www.lsrhs.net/community/AdultED/default.html

Sign up early, some classes have limited space

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REGISTRATION FORM FALL 2007
PLEASE INCLUDE YOUR E-MAIL ADDRESS

Course Name	Session	Start Date	Cost
1.) CERT Emergency Preparedness Workshops		10-09-07	\$40
2.) _____	_____	_____	_____
3.) _____	_____	_____	_____

Name _____

Address _____ Total Cost _____

Town _____ Zip _____

E-Mail _____

Telephone:(home) _____ (work) _____ (cell) _____