

EMERGENCY PREPAREDNESS WEEKEND COURSE

12-Hour Intensive Training | Saturday & Sunday

COURSE OVERVIEW

Are you prepared for the unexpected? This comprehensive weekend course teaches you essential skills to protect yourself and your family during emergencies, natural disasters, and unexpected crises. Learn from a retired U.S. Army Special Forces medic with over 20 years of military experience and current healthcare expertise.

SCHEDULE

Saturday: 6 Hours

- Risk Assessment & Threat Analysis
- Emergency Planning & Communication
- Water & Food Storage Fundamentals

SCHEDULE

Sunday: 6 Hours

- First Aid & Medical Preparedness
- Shelter & Power Considerations
- Practical Exercises & Kit Building

WHAT YOU'LL LEARN

- ✓ Identify and assess risks specific to your area
- ✓ Create a comprehensive family emergency plan
- ✓ Build and maintain emergency supply kits
- ✓ Proper water storage and purification methods
- ✓ Long-term food storage techniques
- ✓ Emergency first aid and medical supplies
- ✓ Communication plans when phones are down
- ✓ Shelter-in-place vs. evacuation decisions
- ✓ Power outage preparation and alternatives
- ✓ Financial preparedness strategies

WHO SHOULD ATTEND:

Families, homeowners, parents, caregivers, and anyone who wants to be better prepared for emergencies.

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