



WINTER SAFETY TIPS *FOR OUR ELDERS*

WEDNESDAY
DEC 3RD
11:30AM-1:00PM



LUNCH SERVED
12:00-1:00PM

Please join us for an important presentation by Scarlet Soula, CHR who will be sharing winter safety tips including how to prepare your car and home for the winter months, the dangers of cold weather, signs and symptoms of hypothermia and frostbite and what to do.

11:30AM
Bingo Game starts

11:50AM
Presentation begins

12:00PM
Lunch Served

12:30PM
Wrapping things up...

1:00PM
End of Presentation



LASSEN
INDIAN HEALTH CENTER

For questions please contact Victoria Tanner at
(530) 251-5115 or vtanner@lihc.org.