



BE HEALTHY. BE SAFE. BE READY.

This Program is Sponsored by:

**Twin Cities' Metro PHEC
(Public Health Emergency
Coordinators)**

For more information
about community strength
and preparedness, visit
<http://www.echominnesota.org/library/community-strength-and-preparedness>

For a DVD of this
program email
info@echominnesota.org.

For more information about
ECHO activities contact:
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Community Strength and Preparedness

Dealing with emergencies.

In this program, viewers learn about the importance of staying physically and mentally strong and being ready to help others in the community when an emergency occurs.

This program will be broadcast in four languages on *tpt's* Minnesota Channel:

Sunday, September 4:

Spanish 7:00 p.m.

Hmong 7:30 p.m.

Sunday, September 11:

Somali 7:00 p.m.

English 7:30 p.m.

This program educates viewers about the concept of resilience and building individual and community resilience *before* an emergency happens.

The program, *Community Strength and Preparedness*, is also available in four languages with English captions for the deaf and hard of hearing at www.echominnesota.org.

