

Please Join Us!

WEBER COUNTY SELF-RELIANCE AND SAFETY FAIR AND SHERIFF'S BLOOD DRIVE

(Sponsored by Weber County Emergency Management and Homeland Security Office)

**OCTOBER 7TH AND 8TH
11 AM TO 9 PM**

**GOLDEN SPIKE EVENTS CENTER
1000 1200 W ST , OGDEN**

There will be information and booths on the following topics:

SELF-RELIANCE

• Emergency Preparedness

- Gardening (traditional, Container, vertical, hyperponic)
- Water-wise Landscaping
- Food Storage
- Food Preservation (Canning, dehydrating, freeze drying)
- Water Storage and Filtering
- Sanitation
- Emergency Sheltering
- Emergency Power Sources
- Emergency Lighting
- Emergency Food Preparation and Cooking
- 72 Hour Kits
- Pet Preparedness and Pet Behaviors in Disasters
- Large Animals in Disaster
- Emergency Communications for Family and Community
- Family Emergency Plans
- Community Emergency Response Teams (CERT)

• Financial

- Budgeting
- Saving
- Investing
- Financial Organization
- Fraud Prevention
- Emergency Financial Aid/Loans
- Insurance Considerations for Emergencies
- Employment and Educational Resources

- **Mental/Physical/Spiritual/Emotional Preparedness and Resiliency**

- Mental Health Resources, Mindfulness, Yoga, Counseling/Therapy, Depression and Anxiety Resources
- Physical Health and Wellness, Blood Pressure Check, Resources for Healthy Lifestyle
- Emotional Support within Families, Social Groups and Community Engagement
- Spiritual/Religious Resources that Build Resiliency

- **Safety**

- Child ID Kits
- Child and Teen Safety On the Internet
- Phone App Safety and Social Media Safety
- Car Seat Safety
- Zero Fatalities/Amber Alerts
- Family Fire Evacuation Plan
- Fire Safety
- First Aid Mini Refreshers
- CPR Mini Refreshers
- Stop the Bleed Demonstrations

**COME AND SEE ALL OF THE FIRST RESPONDING VEHICLES
FROM THE SHERIFF'S OFFICE AND THE FIRE DEPARTMENTS
INCLUDING THE MRAP, SEARCH AND RESCUE BOATS, ETC.**

One Hour Presentations will be given on:

- Resiliency in the Face of Life Changes by Jodi Brown
- Be Resilient and Strong Like Sarah by Sarah Frei
- Sanitation in Disaster by Kathy McMullin
- Budgeting, Debt Reduction and Being Financially Organized by Vincenza Vicarious-Bentley
- Hope for Utah and Suicide Prevention, Survival Skills by David Reed
- Gardening and Food Preservation by USU Extension Services

AND MORE....



**American
Red Cross**

BLOOD DONATION SIGN UP



MORE THAN GUARDIANS
WEBER COUNTY SHERIFF'S OFFICE