

Thank you
for honoring the sacred space
of the Multi-Purpose Room
by

- * Keeping appointments
- * Being on time
- * Grounding and centering
- * Bringing needed supplies
- * Sustaining reverence and gratitude
- * Upholding its sanctity and safety
- * Leaving it in good order and repair
- * Prayer for the space and guests
- * Notifying the host of cancellations for alternate guest scheduling



Prepared: Not Scared

This FREE class is on the topic of emergency preparedness and food storage with an emphasis on the peace of mind that comes from knowing that you are ready to meet life's challenges.

- You will receive an emergency planning and response guide for preparedness and disaster planning.
- Learn how to assemble preparedness supplies, perform basic first aid and emergency treatment, and use emergency equipment.
- Learn to gather an emergency supplies and information, then trust, relax and enjoy life looking toward the future with positive thinking and confidence.

Trust yourself, trust God and trust your inner guidance.
Be prepared; not scared.

minister
spiritual teacher
hypnosis practitioner
paranormal consultant



CHP, CHI,
MHI, PLRI

214-228-0370 NurseHealer.com

Mary Catherine Miller

Mary Catherine "Cathy" Miller
NurseHealer.com
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APPOINTMENT

For: _____

Date: _____

Time: _____

If you are unable to keep your appointment, please call ahead.

NurseHealer.com

Prepared: Not Scared Class Outline

- **Are You Ready?**
- **Emergency Preparedness Manual**
- **First Aid Guide**
- **How to Prepare for Any Disaster**
- **Taking Care: Self-Care for You and Your Family**
- **Taking Charge in Challenging Times**
- **30 Tips for Emergency Preparedness**
- **Dealing with Stress after a Disaster**
- **How Families and Neighbors Can Help One Another Cope**

Class:

Prepared; Not Scared

Date:

Saturday, November 20, 2010

Time:

1 PM (2 hours)

Location:

Bedford, Texas

Cost:

FREE (gift offerings accepted; but not required)

Participants in the free 4th Saturday class receive

- a folder of handouts
- and CD of class resources.

(This class has been rescheduled to the 3rd Saturday due to the Thanksgiving holiday weekend.)

*** Registration is required due to limited seating. ***

Register online: <http://nursehealer.com/classes>

Register by email: classes@nursehealer.com

(NOTE: You will receive a personal confirmation of your registration with directions to the location, provided space is available.)