



# E-Prep Emergency Preparedness Workshop

Emergencies can happen at the most inconvenient times. Having a 72-hour kit can be helpful when you are home and need to shelter in place or evacuate. What happens if you are at work or your family members are at various locations when an emergency occurs?

In this session, we'll discuss realistic strategies to consider when situations happen at inconvenient times.

E-Prep is an interactive and educational workshop with a step-by-step approach to create a personalized preparedness kit while focusing on mental health and emotional wellness for both individuals and communities. The intent of this workshop is to encourage individuals to discuss, explore, discover and develop their own personal emergency preparedness plan.

- ▶ **Date:** Friday, May 22, 2026
- ▶ **Time:** Noon to 1 p.m.
- ▶ **Location:** Online - Zoom link provided
- ▶ **Registration:** [Online](#) or [Leduc-County.com/e-prep](https://Leduc-County.com/e-prep) or contact Sara at 780-955-6424 or [sara@Leduc-County.com](mailto:sara@Leduc-County.com)