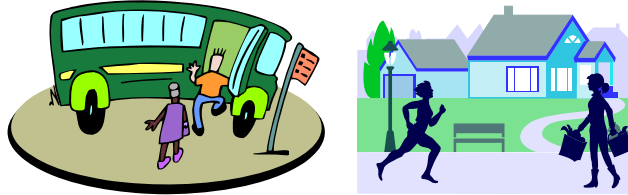


Free seminar for adults with intellectual disabilities, their families & support staff.

Sponsored by: North Los Angeles County Regional Center  
Presenters: Kathryn Lincoln, NLACRC Community Outreach Specialist and Jose Rodriguez, NLACRC Consumer Advocate



## TRAVEL & COMMUNITY SAFETY

We'll discuss how to:

- Travel safely
- Be prepared- have an emergency plan
- Protect yourself when you're out
- Be safer and more secure in the community

Date: Saturday, 3/6/10

Time: 10:30 AM - 12:30 PM

At North Los Angeles County Regional Center's  
A.V. Office- 43210 Gingham Ave. Lancaster, CA  
93535- Conference Room



Lemonade and a snack will be provided at break.

Please contact Kathryn Lincoln at 818-756-6225,  
[kathrynl@nlacrc.org](mailto:kathrynl@nlacrc.org) by 3/3/10 to reserve your seat.