

Safety Briefing

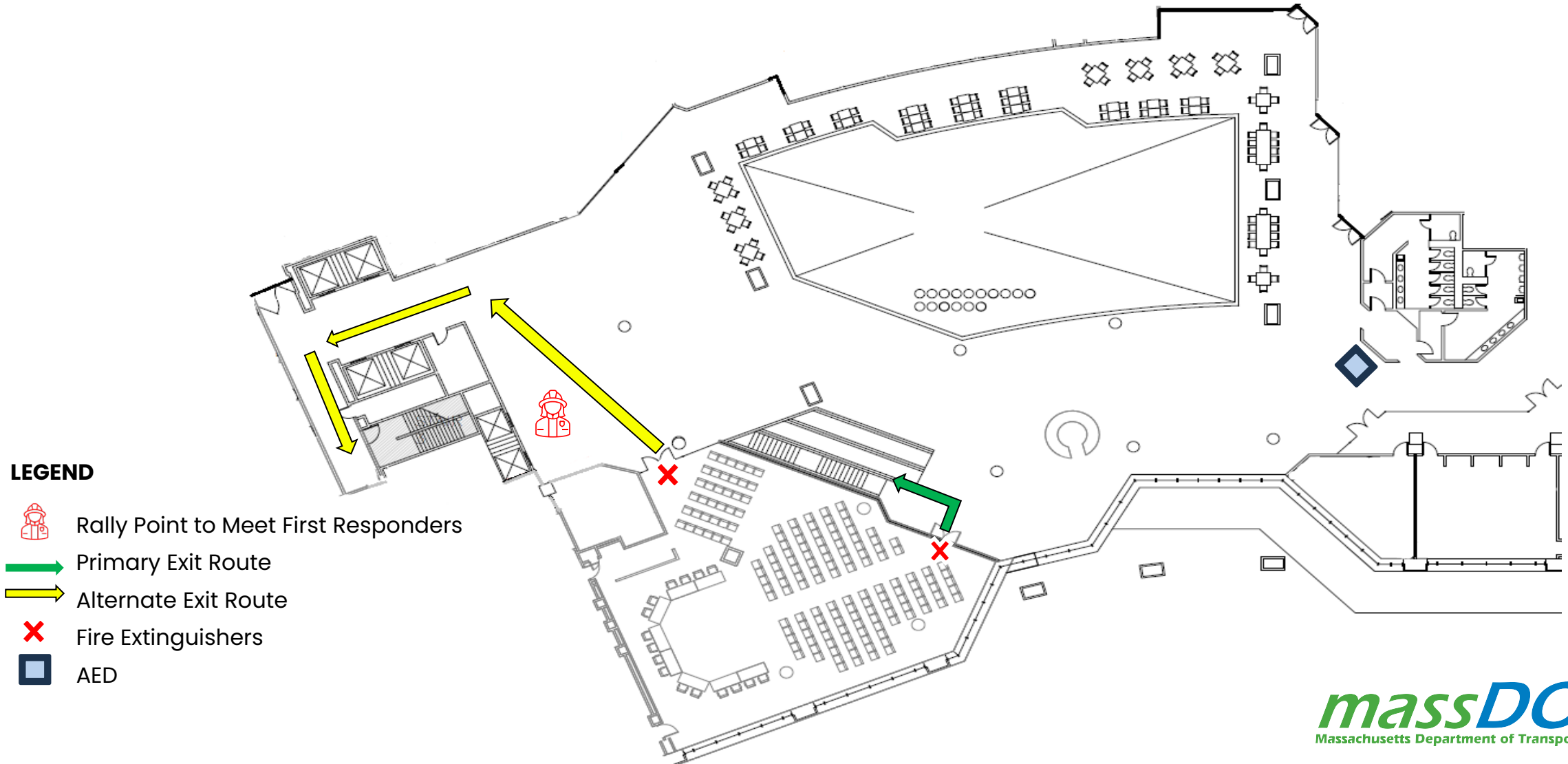
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Safety Contact



- LEGEND**
-  Rally Point to Meet First Responders
 -  Primary Exit Route
 -  Alternate Exit Route
 -  Fire Extinguishers
 -  AED

Healthy Heart Tips

- Doing at least 150 minutes of moderate-intensity physical activity a week (or, just getting started and working your way there)
- Eating healthy
- Not smoking or vaping
- Maintaining a healthy weight
- Controlling blood sugar, cholesterol and blood pressure
- Getting regular checkups
- Learning Hands-Only CPR
- Finding ways to relax and ease your mind, such as meditation



Thank You

