

I.C.E

In Case of Emergency.

Car Safety

- First Aid Kit
- Drinking Water
- Jumper Cables
- Tool Kit
- Fire Extinguisher
- Flash Light w/Extra Batteries
- Reflective Triangles
- Bright Colored Cloth
- Non-Perishable, High Energy foods: Such as Nuts and dry Fruits
- Compass
- Reflective Vest
- Rain Poncho
- Snow Brush
- Windshield Washer Fluid
- Warm Clothing





Milford COMMUNITY CENTER!!



**It's great to take advantage of the local Community Center for indoor exercise this Winter. You can look online at: <https://www.cobbcounty.gov/parks/centers-facilities>
<https://playcherookee.org/>
<https://acworth-ga.gov/parks-recreation-and-community-resources/acworth-community-center/>
<https://www.kennesaw-ga.gov/recreationcenter/>**