

Horn-Pacheco, Kevin R.

From: Bokros, Linda M.
Sent: Thursday, August 8, 2024 11:32 AM
To: Horn-Pacheco, Kevin R.
Subject: FW: Maine CITE Webinar - August 20, 2024

More for the website



Linda Bokros

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From: Maine CITE <info@mainecite.org>
Sent: Wednesday, August 7, 2024 9:02 AM
To: Bokros, Linda M. <linda.bokros@uky.edu>
Subject: Maine CITE Webinar - August 20, 2024

CAUTION: External Sender

If you have not already registered - there is still time!

Webinar: Keeping Cool and Hydrated in Extreme Heat

Date: August 20, 2024

Time: 2:00 - 3:00 pm ET

The Earth is heating up, and making it more challenging to keep our bodies cool. Overheating is dangerous for anyone, but more so for those with disabilities and advanced age. In this webinar, we will look at low- and high-tech methods for keeping cool and hydrated in hot weather.

Tune in to learn about:

- How heat affects our bodies,
- Weather and hydration apps,
- Technology for cooling you and your environment, and
- Emergency preparedness

Presenter: Melissa Bliss, MS OTR/L

Registration:

Please use the link below for more information about this event and to register:

<https://mainecite.org/trainings/keeping-cool-and-hydrated-in-extreme-heat-august-20-2024/>

Accommodation:

Maine CITE provides live transcription via CART (Communication Access Realtime Translation) as well as a link for streamtext for all webinars. If you need another accommodation to attend the webinar, please **contact Maine CITE on or before August 13, 2024** via e-mail at info@mainecite.org or by calling 207-621-3195.

All Maine CITE webinars are recorded and archived. If you cannot attend the live session, please make sure you register so you can get the link to the archive.

Questions, please contact Maine CITE at info@mainecite.org

Best regards,

Jessi Wright, Maine CITE Director

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