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## **Living Well**

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### **Participate in Prepare Kansas**

Just like having a smoke detector or dead bolt locks in your home, preparing for the unexpected makes sense. Prepare Kansas is an online financial preparedness challenge from K-State Research and Extension designed to help individuals and families be prepared ahead of disasters.

Prepare Kansas begins in September, which is National Preparedness Month. Throughout the month, participants will complete activities to prepare their home or workplace ahead of disaster. Participants will also learn how to plan ahead for the most common emergencies we experience in Kansas – temperature extremes including drought, tornadoes, floods and fire.

Registration for Prepare Kansas is free and can be found by going to the following link: <https://blogs.k-state.edu/preparekansas/>. Prepare Kansas can help families not only work together to become better prepared, but also spark conversations about the best ways to handle future emergencies.

For more information about Prepare Kansas, contact the Flint Hills Extension District office in Council Grove at 620.767.5136 or the office in Cottonwood Falls at 620.273.6491.