



The Russell Lions Club  
As One of Its Community Projects  
Offers Free of Charge  
**MESSAGE IN A BOTTLE**



- Facilitates access to your personal medical information by First Responders to your home in an emergency situation.
- Message in a Bottle is extremely beneficial for people who have allergies or other health challenges, the elderly, people living alone, and anyone who takes medications.

**THIS COULD SAVE A LIFE—YOUR LIFE**

	Complete the form and put it into the bottle	Place the bottle inside the refrigerator, on the door.	
	Place one green sticker on the inside of the front door.	Place the other sticker on the outside of the refrigerator.	
All Emergency Services are aware of the program and will use the information in an emergency			

Available at: **Downtown IDA Pharmacy 191 Castor St., Russell**  
Info: **lionsmessageinabottle@gmail.com** or call **(613)445-5788**