

Watch our two 20-minute wellness videos at [www.safemoms.org](http://www.safemoms.org)



Our safety video follows three moms and their children in the kitchen, bathroom and bedroom giving safety tips that will reduce the risk of injuries.

Using the ways women firefighters stay fit and prevent injuries, the second fitness video shows busy moms how to stay in shape and avoid injuries.

The videos are in both English and Spanish, and they can be viewed on our [www.safemoms.org](http://www.safemoms.org) website.

The website has additional resources and links that will help keep your family healthy and safe.



**Designed by child safety experts and women firefighters, these videos give families tools to prevent home injuries and accidents.**



**FEMA**

**Go to [www.safemoms.org](http://www.safemoms.org)**

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