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## High Ridge Park in Stamford hosts Personal Preparedness Fair

April 30, 2008 - Connecticut

Fairfield County's first Personal Preparedness Fair educated companies and individuals on how they can safeguard themselves and their businesses in case of a disaster or emergency. The event, produced by The Business Council of Fairfield County and sponsored by UBS, took place at High Ridge Park Corporate Center.

"Emergency preparedness is a vital part of planning for both businesses and individuals," said Jodi Gutierrez, vice president of Property Management for George Comfort & Sons and on-site property manager at High Ridge Park. "As a matter of fact, we just held an Emergency Management Training session prior to the fair to introduce tenants to our new Emergency Management Plan and the Corporate Emergency Access System. We are privileged to host such a great informational event for our tenants and Business Council of Fairfield County members at High Ridge Park."

Employers and employees alike received valuable information on emergency planning for both their personal and professional lives. Exhibits included information on several facets of emergency planning including disaster recovery, security in the workplace, emergency supply lists, family disaster plans, and ways to prevent the spread of diseases.

Tanya Courtz, The Business Council's manager of emergency readiness programs, said, "An employer's business continuity plan hinges on their employees having a personal emergency plan. A Personal Preparedness Fair is an ideal way to help educate employees about what they can do to be ready to deal with a wide range of possible events."

New England Real Estate Journal - 17 Accord Park Drive #207, Norwell MA 02061 - (781) 878-4540