

# get your free

**LIONS  
MESSAGE  
IN A  
BOTTLE**  
IT COULD HELP  
SAVE YOUR LIFE



The Lions Message in a Bottle is a simple but effective way for you to keep your **emergency medical and contact details** where they can be found easily and quickly by the responding services - in the fridge.

In the event that the emergency services are called to your home they are trained to look for two stickers (one on the inside on your front door and the other on your fridge) which will alert them to the bottle and its possibly life saving content.



**Pride in your  
community**

Lions Clubs  
International

MD105 British Isles