Stay Safe, Stay Secure!

2019 Series of FREE safety classes in CAMPBELL

Emergency Preparedness Fall Prevention Crime Prevention & Safety Medical Emergencies

Be Ready: Seniors Prepared!
January 15, 2019 • Tuesday, 10:00 - 11:00 am
Learn about Bay Area disaster risks, how to plan and prepare for a disaster, including how to build a disaster supply kit, and how to stay informed during and after a disaster. Learn about important communication systems and how to communicate with your support network during a disaster. Instructor: Fire Dept.

Crime Prevention & Home Fire Safety
June 18, 2019 • Tuesday, 10:00 - 11:30 am
Protect against fraud and identity theft. Discuss personal safety and home security protection methods. Identify suspicious activity and know when to report it. Understand fire risks and practice safety habits to prevent fires. Develop a home escape plan. Instructors: Campbell Police Dept. & Fire Dept.

Fall Prevention
April 16, 2019 • Tuesday, 10:00 - 11:00 am
Identify fall risks and learn simple and effective home modifications to prevent falls. Get connected with community resources to maintain safety and wellness. Learn what to do if you fall and about exercises and activities that can help prevent falls. Instructors: Stanford Healthcare & Fire Dept.

Preparing Caregivers for Medical Emergencies
September 17, 2019 • Tuesday, 10:00 - 11:00 am
Recognize medical emergencies and when to call 9-1-1. Learn how to report 9-1-1 emergencies and what to do before help arrives. Be prepared with completed medical documents and explore resources for caregivers. Instructor: Fire Dept.

Offered in partnership by Santa Clara County Fire Department, Campbell Police Department, and Stanford Healthcare

Class Location:
Campbell Recreation Center
1 West Campbell Avenue, Campbell

More Information:
408.378.4010 • www.sccfd.org

Register via Eventbrite or call the number above:
FallPrevCAapril2019.eventbrite.com
CrimePrevHomeFireSafetyCAjune2019.eventbrite.com
CaregiverCAsept2019.eventbrite.com

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