Stay Safe, Stay Secure!
2020 FREE Safety Classes in CUPERTINO

Crime Prevention & Safety  Emergency Preparedness  Fall Prevention  Medical Emergencies

Fall Prevention
March 11, 2020 • Wednesday, 10:00 - 11:00am
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 exercises and activities that can help prevent falls. Instructors: Stanford Health Care & Fire Dept.

Preparing for Medical Emergencies
August 19, 2020 • Wednesday, 10:00 - 11:00am
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.

Crime Prevention & Home Fire Safety
May 20, 2020 • Wednesday, 10:00 - 11:30am
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: Sheriff’s Office & Fire Dept.

Be Ready: Be Prepared!
November 4, 2020 • Wednesday, 10:00 - 11:00am
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.

Offered in partnership by Santa Clara County Fire Department, Santa Clara County Sheriff’s Office, Stanford Health Care, and the Cupertino Senior Center

To Register:
408.777.3150

Class Location:
Cupertino Senior Center
21251 Stevens Creek Boulevard
Reception Hall

For more information:
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408.777.3150
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