Stay Safe, Stay Secure!

Series of FREE safety classes in CUPERTINO

Fall Prevention & Safety  Emergency Preparedness  Fall Prevention  Medical Emergencies

Stay Safe, Stay Secure!

Emergency Preparedness
November 5, 2019 • Tuesday, 3:30 - 4:30 pm

Crime Prevention & Home Fire Safety
May 21, 2019 • Tuesday, 3:30 - 5:00 pm

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.

Prepare for Medical Emergencies
August 20, 2019 • Tuesday, 3:30 - 4:30 pm

Prepared Caregivers for Medical Emergencies

Instructor: Stanford Healthcare & Fire Dept.

Instructor: Sheriff’s Office & Fire Dept.

Instructor: Fire Dept.

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

To Register:
408.777.3150

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

For more information:
www.cupertino.org
408.777.3150
seniorcntr@cupertino.org

Be Ready: Senior Adults Prepared!
November 5, 2019 • Tuesday, 3:30 - 4:30 pm

Be Ready: Senior Adults Prepared!

May 21, 2019 • Tuesday, 3:30 - 5:00 pm

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. Instructor: Fire Dept.

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. Instructor: Sheriff’s Office & Fire Dept.

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. Instructor: Fire Dept.

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.

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.

Instructor: Stanford Healthcare & Fire Dept.

Instructor: Sheriff’s Office & Fire Dept.