Stay Safe, Stay Secure!

2019
Series of FREE safety classes in LOS GATOS & MONTE SERENO

Emergency Preparedness  Medical Emergencies  Crime Prevention & Safety  Fall Prevention

Be Ready: Seniors Prepared!
January 8, 2019 • Tuesday, 3:00-4:00pm
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
July 9, 2019 • Tuesday, 3:00-4:30pm
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: LG/MS Police Dept. & Fire Dept.

Preparing Caregivers for Medical Emergencies
March 12, 2019 • Tuesday, 3:00-4:30pm
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.

Fall Prevention
September 10, 2019 • Tuesday, 3:00-4:30pm
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.

Offered in partnership by Santa Clara County Fire Department, Los Gatos/Monte Sereno Police Department, and the Los Gatos Adult Recreation Center

To Register:
408.354.1514

Class Location:
Los Gatos Adult Recreation Center
208 East Main Street

More Information:
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