Stay Safe, Stay Secure!

2019 Series of FREE safety classes in LOS ALTOS

Crime Prevention & Safety  Emergency Preparedness  Fall Prevention  Medical Emergencies

Crime Prevention & Home Fire Safety
February 20, 2019 • Wednesday, 12:45 - 2:15pm
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: Los Altos Police Dept. & County Fire

Preventing Caregivers for Medical Emergencies
May 1, 2019 • Wednesday, 12:45 - 2:15pm
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: County Fire

Be Ready: Senior Adults Prepared!
August 7, 2019 • Wednesday, 12:45 - 1:45 pm
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: County Fire

Fall Prevention & Holiday Safety
November 6, 2019 • Wednesday, 12:45 - 1:45 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.  Instructors: Stanford Healthcare & County Fire

Offered in partnership by Santa Clara County Fire Department, Los Altos Police Department, Stanford Healthcare, and the Grant Park Community Senior Center

To Register:
650.520.3679

Class Location:
Grant Park Community Center
1575 Holt Ave, Los Altos

For more information:
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