Stay Safe, Stay Secure!

2020 FREE Safety Classes in LOS GATOS & MONTE SERENO

Emergency Preparedness  Medical Emergencies  Crime Prevention & Safety  Fall Prevention

Crime Prevention & Home Fire Safety
February 25, 2020 • Tuesday, 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. Instructor: LG/MS Police Dept. & Fire Dept.

Preparing for Medical Emergencies
September 29, 2020 • Tuesday, 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.

Be Ready: Be Prepared!
July 14, 2020 • Tuesday, 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.

Fall Prevention
November 17, 2020 • Tuesday, 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.

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

www.sccfd.org
www.lgsrecreation.org

To Register:
408.354.1514

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

More Information:
www.lgsrecreation.org
Tara Silkensen
408.703.6621
tara@sascc.org