**Stay Safe, Stay Secure!**

**2020 FREE Safety Classes in SARATOGA**

**Crime Prevention & Safety**

**Emergency Preparedness**

**Fall Prevention**

**Medical Emergencies**

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**Fall Prevention**

April 7, 2020 • Tuesday, 1:00 - 2:00pm

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.*

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**Crime Prevention & Home Fire Safety**

September 2, 2020 • 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: Sheriff’s Office & Fire Dept.*

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**Preparing for Medical Emergencies**

June 10, 2020 • Wednesday, 12:45 - 1:45pm

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.*

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**Be Ready: Be Prepared!**

December 10, 2020 • Thursday, 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.*

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

**To Register:**

408.868.1257

**Class Location:**

Saratoga Senior Center

19655 Allendale Ave, Saratoga

**For more information:**

www.sascc.org

Raj Kaur: raj@sascc.org

408.868.1254