Stay Safe, Stay Secure!

2019 Series of FREE safety classes in SARATOGA

Crime Prevention & Safety  Emergency Preparedness  Fall Prevention  Medical Emergencies

Stay Safe, Stay Secure!

Emergency Preparedness

May 22, 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: Fire Dept.

Crime Prevention & Home Fire Safety

March 20, 2019 • Wednesday, 12:45 - 2:15 pm
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.

Fall Prevention

July 24, 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 & Fire Dept.

Be Ready: Senior Adults Prepared!

May 22, 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: Fire Dept.

Preparing Caregivers for Medical Emergencies

September 18, 2019 • Wednesday, 12:45 - 1:45 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.

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

To Register:
408.868.1257

Class Location:
Saratoga Senior Center
19655 Allendale Ave, Saratoga

For more information:
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