Stay Safe, Stay Secure!

2019 Series of FREE safety classes at the SARATOGA LIBRARY

- Crime Prevention & Safety
- Emergency Preparedness
- Fall Prevention
- Medical Emergencies

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Be Ready: Senior Adults Prepared!

June 14, 2019 • Friday, 10:30 - 11:30am

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.

Preventing Caregivers for Medical Emergencies

August 2, 2019 • Friday, 10:30 - 11:30am

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

May 31, 2019 • Friday, 10:30 - 11:30am

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.

Crime Prevention & Home Fire Safety

October 21, 2019 • Monday, 7:00 - 8:30pm

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: Sheriff’s Office & Fire Dept.

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

To Register:
408.867.6126

Class Location:
Saratoga Library
13650 Saratoga Avenue

For more information:
www.sccl.org