

City of San Mateo Senior Center Presents...

# Sutter's "Safe at Home"



Do you value your independence? You have the choice to age at home, and Sutter Safe at Home can help bridge the gaps. Falls are a leading causes of emergency room visits. The simple way to reduce risk is to invest a wearable emergency alert device. Each presentation offers the same material/information.

This class will be hosted through Zoom.

Date & Time	Time	Activity #
Thursday, Oct. 8	10:00- 11:00am	542515-V3
Thursday, Oct. 15	10:00- 11:00am	542515-V4
Wednesday, Oct. 21	1:00- 2:00pm	542515-V5
Wednesday, November 4	10:00- 11:00am	542515-V6
Thursday, November 19	10:00- 11:00am	542515-V7
Wednesday, December 2	10:00- 11:00am	542515-V8
Thursday, December 10	10:00- 11:00am	542515-V9
Wednesday, December 16	10:00- 11:00am	542515-V10

**Register  
Today  
For this  
Free  
Program**

## Registration is required:

Register online at: [www.sanmateorec.org](http://www.sanmateorec.org)

You must register **24 hours** prior to start of each class

Instructions will be printed on your receipt, please read it carefully

Please remember if you need assistance contact us at **650-522-7490**

