



Holmes County

Healthy Start Calendar

April - June 2017

<p><u>Car Seat Safety Classes -</u> 9:30 a.m. - 10:30 a.m.</p> <ul style="list-style-type: none">- April 3rd- May 1st- June 5th <p>Car Seats are \$10.00</p> <p>At this class, you will be educated on traffic safety laws and you will learn how to properly install your car seat.</p>	<p><u>Sudden Infant Death Syndrome (SIDS) Classes -</u> 10:00 a.m. - 12:00 p.m.</p> <ul style="list-style-type: none">- April 26th- May 24th- June 28th <p>You will receive a FREE pack & play!</p> <p>At this class, you will learn how to provide a safe sleeping environment for your child.</p>
<p><u>Parenting 101 Classes -</u> 10:00 a.m. - 11:00 a.m.</p> <ul style="list-style-type: none">- April 5th, 12th & 19th- May 3rd, 10th & 17th- June 7th, 14th & 21st <p>At Parenting 101 classes, you will learn positive parenting skills for infants to preschool age children.</p>	<p><u>SIDS/Parenting 101 Class</u> 5:30 p.m. - 7:30 p.m.</p> <ul style="list-style-type: none">- April 25th Parenting 101 Class- May 23rd SIDS Class- June 27th Parenting 101 Class <p>This class will alternate monthly at night for participants who work or go to school during the day.</p>

Preregistration is REQUIRED for all classes!
For information on the Moms In Bloom class, please contact the number below.

To register, please contact **Sheila Lewis** at (850) 547-8500 ext. 248.

No person shall, on the grounds of age, color, disability, national origin, race, religion or sex be excluded from participation in, be denied benefits of, or be subject to discrimination under any program or activity receiving or benefiting from federal financial assistance. Sensory Impaired or Limited-English Proficiency patients will be provided with necessary aids and interpreters at no cost by calling Fran Amerson at (850) 547-8500 ext. 236.

