



Proudly serving Calhoun, Holmes, Jackson, Liberty and Washington Counties

Holmes & Washington County

Healthy Start Calendar APRIL 2019 - JUNE 2019

Car Seat Safety Classes – 10:00 a.m. – 12:00 p.m.

- April 3rd – Class in **Chipley**
- May 1st – Class in **Bonifay**
- June 5th – Class in **Chipley**

Car Seats are \$10.00

At this class, you will be educated on traffic safety laws and you will learn how to properly install your car seat.

Safe Sleep Classes - 10:00 a.m. -12:00 p.m.

- April 24rd – Class in **Chipley**
- May 22nd – Class in **Bonifay**
- June 26th – Class in **Chipley**

You will receive a **FREE** pack & play!

At this class, you will learn how to provide a safe sleeping environment for your child.

Parenting 101 Classes

- April 18th – Daytime class in **Chipley**
10:00 a.m. – 12:00 p.m.
- May 14th – Evening class in **Bonifay**
5:30 p.m. – 7:30 p.m.
- June 20th – Daytime class in **Chipley**
10:00 a.m. – 12:00 p.m.

At Parenting 101 classes, you will learn positive parenting skills for infants to preschool age children.

Childbirth Education 5:30 p.m. -7:30 p.m.

- May 7th – Class in **Chipley**
- May 14th – Class in **Chipley**
- May 21st – Class in **Chipley**
- May 28th – Class in **Chipley**

At this class, you will learn about phases and stages of labor and delivery, pain management, medical procedures and childbirth options.

Preregistration is REQUIRED for all classes!

To register for Holmes County classes, contact Sheila Lewis at (850) 614-6043.

To register for Washington County classes, contact Amber Whitford at (850) 845-5106.

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 Kathy Greene at (850) 845-5065 or Fran Amerson at (850) 614-6059.

