



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

Holmes & Washington County

Healthy Start Calendar January 2020 – March 2020

Car Seat Safety Classes

10:00 a.m. – 12:00 p.m.

- January 8th – Class in **Bonifay**
- February 5th – Class in **Chipley**
- March 4th – Class in **Bonifay**

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.

- January 22nd – Class in **Bonifay**
- February 26th – Class in **Chipley**
- March 25th – Class in **Bonifay**

You will receive a FREE pack & play!

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

Childbirth Education

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

- February 4th - Class in **Bonifay**
- February 11th - Class in **Bonifay**
- February 18th - Class in **Bonifay**
- February 25th - Class in **Bonifay**

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 Delicia Gainer at (850) 614-6059.

