



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

## Holmes & Washington County

### Healthy Start Calendar

October 2019 - December 2019

#### Car Seat Safety Classes

10:00 a.m. - 12:00 p.m.

- October 2<sup>nd</sup> - Class in **ChIPLEY**
- November 6<sup>th</sup> - Class in **Bonifay**
- December 4<sup>th</sup> - 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.

- October 23<sup>rd</sup> - Class in **ChIPLEY**
- November 20<sup>th</sup> - Class in **Bonifay**
- December 18<sup>th</sup> - 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.

#### Childbirth Education

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

- October 1<sup>st</sup> - Class in **ChIPLEY**
- October 8<sup>th</sup> - Class in **ChIPLEY**
- October 15<sup>th</sup> - Class in **ChIPLEY**
- October 22<sup>nd</sup> - 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 Delicia Gainer at (850) 614-6059.

