



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

Holmes & Washington County

Healthy Start Calendar

October 2017 - December 2017

Car Seat Safety Classes –

9:30 a.m. – 11:00 a.m.

- October 4th – Class in **Chipley**
- November 1st – Class in **Bonifay**
- December 6th – 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.

Sudden Infant Death Syndrome

(SIDS) Classes -

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

- October 25th – Class in **Chipley**
- November 22nd – Class in **Bonifay**
- December 27th – 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

- October 19th – Daytime class in **Chipley** 10:00 – 12:00 p.m.
- November 28th – Evening class in **Bonifay** 5:30 – 7:30 p.m.
- December 21st – Daytime class in **Chipley** 10:00 -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.

- November 7th – Class in **Chipley**
- November 14th – Class in **Chipley**
- November 21st – Class in **Chipley**
- November 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) 547-8500 ext. 0905.

To register for Washington County classes, contact Amber Whitford at (850) 638-6240 ext. 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) 638-6240 ext. 5065 or Fran Amerson at (850) 547-8500 ext. 0961.

