# Holmes & Washington County Healthy Start Calendar

January 2020 – March 2020

<table>
<thead>
<tr>
<th>Car Seat Safety Classes</th>
<th>Safe Sleep Classes</th>
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<tbody>
<tr>
<td>10:00 a.m. – 12:00 p.m.</td>
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<tr>
<td>- January 8th – Class in Bonifay</td>
<td>- January 22nd – Class in Bonifay</td>
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<tr>
<td>- February 5th – Class in Chipley</td>
<td>- February 26th – Class in Chipley</td>
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<tr>
<td>- March 4th – Class in Bonifay</td>
<td>- March 25th – Class in Bonifay</td>
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**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.

**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.

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

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

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**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.