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~ **For Immediate Release** ~

Babysitting Classes Offered in St. Joseph

(ST. JOSEPH) – To help adolescents learn how to be safe sitters, Lakeland HealthCare is presenting two classes in June: Babysitting with Confidence and CPR for Babysitters.

Babysitting with Confidence is a free class that will be held on Thursday, June 28, 8:30 a.m. to 12:30 p.m., in the Frederick S. Upton Education Center at Lakeland Regional Medical Center, St. Joseph, 1234 Napier Avenue.

Created specifically for adolescents, this course covers a variety of topics intended to give participants the confidence and knowledge for caring for small children, including:

- Questions to ask before taking a job
- Expectations of a baby sitter
- Telephoning in an emergency
- Home and fire safety
- Infant and toddler care
- First aid and choking
- Discipline
- Food preparation

The class is available to anyone who has completed the fifth grade. Reservations are required and class size is limited. For more information or to register, call (269) 556-2808 or (866) 260-7544.

(continued)



CPR for Babysitters will be offered on Friday, June 29, from 8:30 to 11:30 a.m. in the Frederick S. Upton Education Center at Lakeland Regional Medical Center, St. Joseph. The cost of the class is \$25 and includes a booklet and certification card. Preregistration is required; call (269) 556-2808 or (866) 260-7544.

Visit www.lakelandhealth.org or find Lakeland HealthCare on Facebook or Twitter for more classes and events.

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