

# NEWS RELEASE

FOR IMMEDIATE RELEASE

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## **BOTHWELL TO HOLD SAFE SITTER CLASS IN MARCH**

Bothwell Regional Health Center will hold a [Safe Sitter](#) babysitting education class from 8 a.m. to 4 p.m. on Saturday, March 5. The class will be in Bothwell's Education Center at 600 E. 14<sup>th</sup> St., the former Children's Therapy Center.

The class is designed to educate adolescents to prepare them for babysitting. Cost for the class is \$35, which includes a messenger bag containing babysitting essentials. Scholarships are available. Students learn about injury management, childcare essentials, injury prevention, behavior management, the business of babysitting and how to care for a choking child or infant. Course materials are designed for children ages 11 to 13.

Preregistration is required and can be done by calling Community Outreach Coordinator Sarah Nail at 660-827-9138 or e-mailing [snail@brhc.org](mailto:snail@brhc.org). Printable registration forms are available online at [www.brhc.org/brhc\\_education\\_safesitter.html](http://www.brhc.org/brhc_education_safesitter.html). Registration and payment are due by Feb. 21. Early registration is suggested as the class fills up quickly.

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Bothwell Regional Health Center is a 140-bed regional health center serving west-central Missouri with state-of-the-art technology and comprehensive health and wellness services including surgical, cancer, orthopaedic, endovascular/cardiac, women's health, and therapy services. For more information on Bothwell Regional Health Center and its services, visit the website at [www.brhc.org](http://www.brhc.org).