

NEWS RELEASE

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Sarah Nail
660-827-9138

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BOTHWELL TO HOLD SAFE SITTER CLASS JUNE 27 *New curriculum includes CPR*

SEDALIA - Bothwell Regional Health Center will hold a Safe Sitter babysitting education class from 8 a.m. to 3:30 p.m. on Thursday, June 27. The class will be in Bothwell's Education Center, 600 E. 14th St., the former Children's Therapy Center.

The class is designed to educate adolescents to prepare them for babysitting. Curriculum was recently updated to include cardiopulmonary resuscitation.

"Students in previous Safe Sitter classes indicated a strong interest in learning CPR to be a better prepared baby sitter," said Bothwell's Community Outreach Coordinator Sarah Nail. "We were pleased when Safe Sitter recently updated its curriculum and included CPR as an option for its one-day class. Our instructors were eager to implement the changes and provide the students with an even better experience."

Students also learn about injury management and prevention, childcare essentials, 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.

Cost for the class is \$35, which includes a messenger bag containing babysitting essentials. Scholarships are available.

Preregistration is required and can be done by calling 660-829-8855 or e-mailing classes@brhc.org. Printable registration forms are available online at www.brhc.org/brhc_education_safesitter.html. Registration and payment are due by June 17. 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 our services, visit the Web site at www.brhc.org or find us on Facebook.