

NEWS RELEASE

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BOTHWELL TO HOLD SAFE SITTER CLASS July 17 ***New curriculum includes CPR***

Bothwell Regional Health Center will hold a Safe Sitter babysitting education class from 8 a.m. to 3:30 p.m. on Thursday, July 17. The class will be in the Bothwell Education Center, 600 E. 14th Street in Sedalia.

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

“Students in previous Safe Sitter classes indicated a strong interest in learning CPR in order to be a better prepared baby sitter,” said Bothwell’s Community Outreach Coordinator Stephanie Fraley. “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. Participants must be at least 11 years old. Cost for the class is \$35, which includes a messenger bag containing babysitting essentials.

Preregistration is required and can be done by calling 660-827-9138 or e-mailing classes@brhc.org. Printable registration forms are available online at www.brhc.org/brhc_education_safesitter. Registration and payment are due by July 10. Class size is limited so early registration is suggested.

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Bothwell Regional Health Center is a 145-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 or find them on Facebook.