

NEWS RELEASE

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Oct. 25, 2012

BOTHWELL HOLDS SAFE SITTER CLASS NOV. 17 *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 Saturday, Nov. 17. The class will be in Bothwell's Education Center at 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, 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.

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 http://www.brhc.org/brhc_education_safesitter.html. Registration and payment are due by Nov. 14. 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 or find them on Facebook.