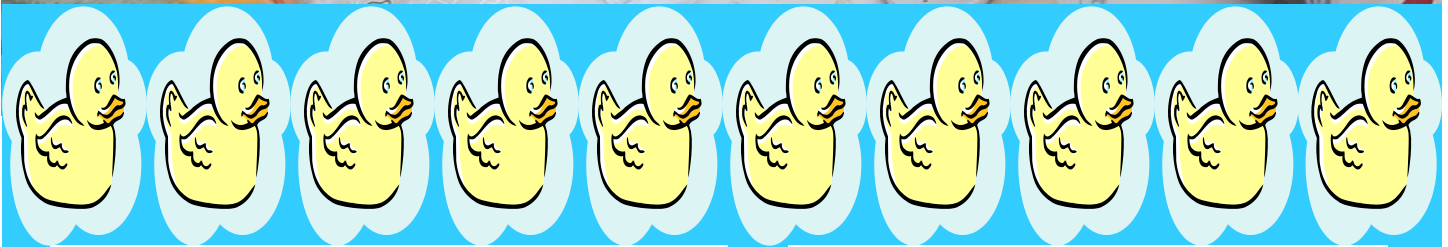


# The Mutual Assistance Network Presents



## ABC's of INFANT SAFE SLEEPING



**Location:**

Firehouse Community Center  
810 Grand Ave  
Sacramento CA 95838

**When:** Every 4th Wednesday:

Oct. 25th  
Nov. 22th  
Dec. 27th  
Jan. 24th  
Feb. 28th  
March 28th

**Time:** Combined English & Español  
4:30pm-5:30pm

**Pre-Registration required.**

**For more information Contact us at:  
(916) 567-9567**

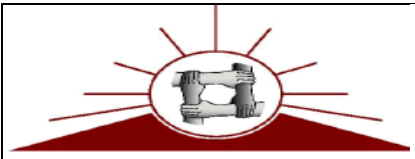
*Learn how to protect your baby from Infant Sleep Related-Death by following the **ABC's of INFANT SAFE SLEEPING***

- ◆ *Understand the risk factors and how to reduce them.*
- ◆ *Learn how to prevent Infant Sleep-Related Deaths by following the Infant Safe Sleep recommendation and the ABC's.*
- ◆ *Learn how to create safe sleeping environments*

Funding provided by:



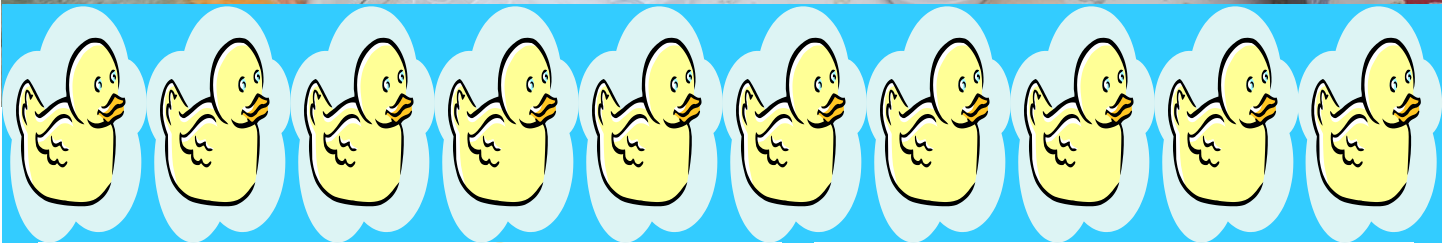
Funding for Mutual Assistance Network Birth & Beyond Family Resource Center is provided by the First 5 Sacramento Commission which uses Proposition 10 (tobacco tax) funds to support the healthy development of children ages zero to five. Additional information about the First 5 Sacramento Commission is online at [www.first5sacramento.net](http://www.first5sacramento.net) or by calling 916-876-5865.



The Mutual Assistance Network Presents



## ABC's de Sueño Seguro



Firehouse Community Center  
810 Grand Ave  
Sacramento Ca, 95838

**Día: El Cuarto Miércoles**

25 de Octubre  
22 de Noviembre  
27 de Diciembre  
24 de Enero  
28 de Febrero  
28 de Marzo

**Hora: 4:30pm-5:30pm**

La instrucción de la clase se ofrecerá en combinación de Inglés y Español

**Pre-registro requerido.**

**Favor de comunicarse al Centro Comunitario**

*Aprenda a proteger a su  
bebe del Síndrome de  
Muerte Repentina Infantil*

- ♦ Los factores de riesgo y cómo reducirlos.
- ♦ Cómo prevenir las muertes infantiles relacionadas con el sueño, siguiendo las recomendaciones infantil de sueño seguro y la cadena ABC.
- ♦ Como crear un ambiente seguro para los niños durante la hora de dormir.

Funding provided by:



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