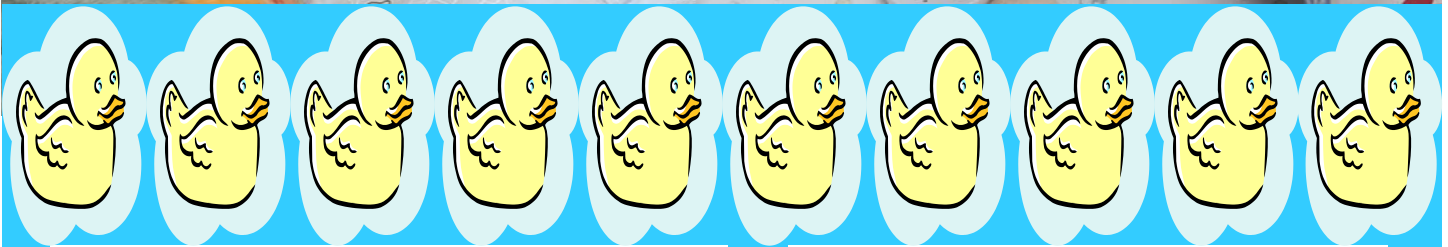


The Mutual Assistance Network Presents



ABC's of INFANT SAFE SLEEPING



Location:

Firehouse Community Center
810 Grand Ave
Sacramento CA 95838

When: Every 4th Wednesday:

March 28th
April 25th
May 23rd
June 27th
July 25th
August 22nd

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:



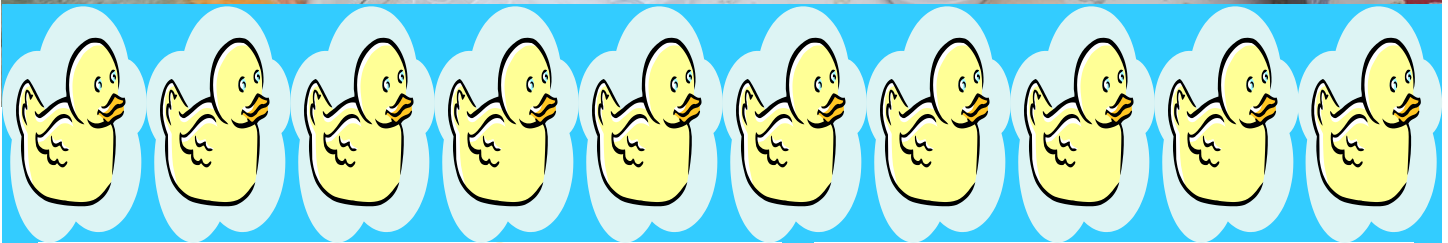
Funding for Mutual Assistance Network Birth & Beyond Family Resource Center is provided by the First 5 Sacramento Commission which uses Proposition 10 (tobacco tax) funds to support the healthy development of children ages zero to five. Additional information about the First 5 Sacramento Commission is online at www.first5sacramento.net 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**
28 de Febrero
28 de Marzo
25 de Abril
23 de Mayo

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
Firehouse
(916) 567-9567**

*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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