



Safe Sleep Class: Reaching the First Birthday

Sudden infant death syndrome (SIDS) is an unexpected, unexplained death of an infant in the first year of life. Creating a safe sleep environment is one of the best ways to help protect your baby from SIDS.

Safe Sleep = Fewer Infant Deaths

Please join us to learn more in our **virtual class** and register in

www.healthystartorange.org

English Class

- ♦ January 11th, March 3rd & May 3rd

Spanish Class

- ♦ January 25th, March 22nd & May 17th

1:00 pm — 2:30 pm