

SEMINOLE COUNTY HEALTH DEPARTMENT
HEALTHY START
2010

INVITES YOU TO ATTEND OUR
CHILDBIRTH (LAMAZE) CLASSES



January 4,11,19,25
February 1,8,15,22
March 8,15,22,29
April 5,12,19,26
May 3,10,17,25
June 7,14,21,28
July 6,12,19,26
August 9,16,23,30
September 7,13,20,27
October 4,11,18,25
November 8,15,22,29
December 6,13,20,27

TIME: 5:30 PM

MUST PRE-PAY TO REGISTER AT

PLACE: SEMINOLE COUNTY HEALTH DEPT.
400 W AIRPORT BLVD ROOM 400 SANFORD, FL. 32773
(407) 665-3278

Cash or Debit only No walk-ins and space is limited

FEE: \$20.00 FOR SCHD OR HEALTHY START CLIENTS
\$40.00 FOR ALL OTHERS

***FEE IS PER COUPLE-FOR 4 CLASSES*NO REFUNDS**

Please bring blanket, pillow, sweater, water and snacks