



Healthy You, Healthy Families

What Moms, Dads, Grandmas, Grandpas and Babysitters Need to Know About Safe Baby Care!

Join us for this **FREE** event! Discussion topics will include:

- Pediatric and Pre-Natal Care
- Safe Sleep
- Breastfeeding and Nutrition
- Infant CPR
- Child Seat Safety
- Fatherhood Initiatives

The **Healthy You, Healthy Families** program connects new and expectant moms and dads to community resources, support and knowledge that will help their babies thrive during their first year and beyond. Created in response to the high rate of infant mortality in Ohio, the program is made up of support groups, hospital tours and community baby showers that educate family members and other caregivers about the basics of safe baby care.

WHEN: Saturday, July 15, 2017

WHERE: Garfield Heights Library
5409 Turney Road
Garfield Heights, OH 44125

TIME: 12:00 - 2:00 p.m.

REGISTER: Online at www.ccf.org/HYHFMarymount
or contact Jeff Jameyson at 216-312-5640
or jameysi@ccf.org.

SPONSORS:



Cuyahoga County
Fatherhood Initiative

