

SAFESITTER

Designed to prepare students in **grades 6-8** to be safe when they're home alone, watching younger siblings, or babysitting.

The Instructor-led class is filled with fun games and role-playing exercises. Students even get to use manikins to practice rescue skills like choking rescue and CPR!



Friday January 4th, 2019

9:00 am – 4:30 pm



SAFETY SKILLS



FIRST AID & RESCUE SKILLS



LIFE & BUSINESS SKILLS



CHILD CARE SKILLS

REGISTRATION INFORMATION

Contact SPH Health & Wellness to register. Class fee is \$50 (scholarships available upon request). Students should bring their own lunch, snacks and water bottle. Registration is required by January 2nd, 2019.

CALL: (907) 235-0970
EMAIL: wellness@sphosp.org
WEBSITE: www.sphosp.org



**South
Peninsula
Hospital**