

Tuesday, July 2

- Movin On Exercise Group - 10:00am

Wednesday, July 3

- New Moms Monthly Support Group Meetings - 12:00pm

Monday, July 8

- Breastfeeding and Baby Basics - 6:00pm

Tuesday, July 9

- Movin On Exercise Group - 10:00am

Tuesday, July 16

- Movin On Exercise Group - 10:00am

Tuesday, July 23

- Movin On Exercise Group - 10:00am

Wednesday, July 24

- Safe Sitter - 8:30am

Tuesday, July 30

- Movin On Exercise Group - 10:00am

Movin On Exercise Group

Time: 10:00am



The Movin On Exercise Group is a free weekly exercise class for cancer patients and survivors based on current and emerging research linking exercise to better outcomes in cancer care. Each class is specifically tailored towards participants' fitness levels and needs. Physical therapists oversee the classes.

Classes are open to all who have been diagnosed with cancer regardless of treatment status, and are appropriate for all fitness levels. The exercise group also serves as an organic support group, bringing together people who have been diagnosed with cancer and may have similar experiences. For questions or to register, call 208.799.5219.

New Moms Monthly Support Group Meetings

Time: 12:00pm



Come together to discuss motherhood in a supportive and nurturing environment.

This **free** group provides a safe and non-judgmental space for pregnant women and women with children 0 to 12 months looking for answers to questions about:

- Breastfeeding
- Sleep patterns
- Infant development
- Returning to work
- Changes in your relationship with your partner and friends

Learn through group discussions, share experiences, exchange information, and gain support during an adjustment stage that can be a complex combination of excitement and anxiety. **Lunch provided. For questions, call 208.799.5430.**

Breastfeeding and Baby Basics

Time: 6:00pm

This **free** one night class, introduces expectant parents to the basics of breastfeeding. Topics include positioning baby, latching on, milk production and supply sustainment.

The basics of newborn care will also be presented . Topics will focus on newborn care, crying, sleep feeding, and basic growth and development in the first few weeks of your baby's life. You will have a chance to answer questions and practice skills.

For questions, please call 208.799.5430.

Safe Sitter

Time: 8:30am

This two-day course provides an in-depth instructional program on the basics of childcare and child safety. It is designed for students 11 years of age and older.

The course includes:

- Infant and child rescue breathing and choking rescue.
- Safety and security precaution
- Feeding
- Entertaining and toileting
- Behavior and injury management
- Recognizing emergency situations and phoning for help

To become a Safe Sitter, students must pass both a written and a practical examination. A student manual is included in the course.

Students should bring a sack lunch.

Day 1 class starts at 8:30 am and end at 3:30

Day 2 class starts at 8:30 am

A graduation ceremony is held at 3 p.m. at the end of the second day.

Pre-Registration is required. (Classes fill up fast. Early registration is strongly encouraged. Space is limited to 12 students per session.)