

Are you **11-17** years old? Learn how to be a ...

Super Sitter!

Come to a one-day workshop on childcare and safety skills, taught by Overlake Hospital!

You will learn:

- ◆ Parent expectations
- ◆ First Aid
- ◆ Child development
- ◆ Personal safety
- ◆ The Heimlich Maneuver
- ◆ Nutrition
- ◆ Home security
- ◆ Fire prevention
- ◆ Telephone tips
- ◆ Toys and activities
- ◆ Infant care
- ◆ Sitter responsibilities



Super Sitters!

Saturday, Feb. 21, 2009

10 a.m. to 3 p.m.

Encompass Main Campus

1407 Boalch Ave NW, North Bend 98045

Cost is only \$35

Space is limited / Bring a sack lunch

Register **NOW!** 425.888.2777 / www.encompassnw.org