



## **FOR IMMEDIATE RELEASE**

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### **Phoebe Network of Trust to Offer Safe Sitter® Course** *~ Students learn safety skills & more ~*

**Albany, Ga.** – Phoebe’s Network of Trust will offer Safe Sitter® courses for young teens, grades 6-8, in May and June.

The course provides practice in lifesaving techniques to young teens who are home alone, watching younger siblings, or babysitting so they are equipped with the skills and confidence to act in an emergency. They learn basic first aid, and infant and child choking rescue. Students also receive instruction on how a child’s age affects how to care for them and how to prevent problem behavior.

The Safe Sitter class is a one-day class from 9 a.m. to 3:30 p.m. at Phoebe HealthWorks, located at 311 3<sup>rd</sup> Avenue in Albany. The fee for the class is \$55 and students must pre-register. To register or for more information, contact Amanda Paul at 229-312-4620. Class dates for this summer are May 30, May 31, June 6, June 7, June 20 and June 21.

Students who graduate from a Safe Sitter® course receive a completion card demonstrating that they know how to use their skills in situations they encounter.

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