

Baby BOOT CAMP

**Grab your lunch and prepare to learn with
Marine Corps Community Services!**

**Join our New Parent Support Program
and learn the basic dos and don'ts of baby care.**

Topics Include:

- **DIAPERING**
- **SOOTHING A FUSSY INFANT**
- **SAFE SLEEP • AND MORE**

Presented by:

Sara Waskowicz, RN, MS, HCM
New Parent Support Program Home Visitor

Offered monthly on Thursdays

9:00 AM - 3:30 PM

Henderson Hall Bldg. 12

Conference Room

Call 703-614-7204

For upcoming class dates and registration.

