

Baby Boot Camp

Jan 9th, April 10th,
July 10th, and Oct 9th 2013

8:30 am – 12:30 pm

8:30am -9:00 Class Check In

Individual consultation available 12:30-1:00

FFSC Classroom

5th Floor Naval Health Clinic

Refreshments Provided

Program Includes:

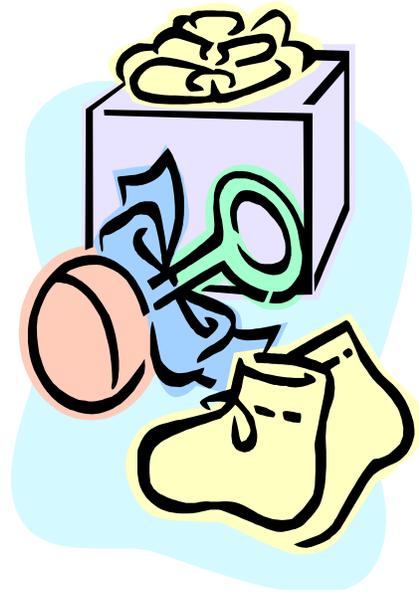
Budgeting for Baby

Lactation Consultation

Harvey Karp's The 5 S's

Expectation Versus Reality

Balancing Work and Family Life



Every eligible baby will receive his or her own "Baby's 1st Seabag" full of goodies!

The layette is valued at **\$100** which includes a **handmade** baby blanket.

Sponsored by :

Fleet and Family Support Center

NMCRS Visiting Nurse Program

Navy Marine Corps Relief Society



Please sign-up 5 days in advance
by calling 961-3482 or DSN 861-3482.
Please no young children, babies allowed.
Bring your Spouse!