

**WE ARE**  
**WISE** Women & Infant  
Support Education  
**ESIW**

Education Supporting  
Infants & Women

- ◇ *Are you a first time mother?*
- ◇ *Do you have questions that you want to ask about parenting?*
- ◇ *Do you feel that you need some support ?*

**Join our WISE Parenting  
6 week seminar to get some  
valuable information on:**

*Safe sleep/SIDS  
Car seat education  
Maternal/Reproductive Health  
Child Development  
Breastfeeding  
And more.....*

**Classes start March 11, 2019  
With the following dates:**

**March. 11, 18, 25, & April 1, 8, 15  
6:00 - 8:00 pm**

**Location: Holden Heights  
Community Center**

**1201 20th St, Orlando, FL 32805**

**[To register go to www.eventbrite.com](http://www.eventbrite.com)**



**Healthy Start**  
Coalition of Orange County  
*Every baby deserves a healthy start*

