



Sudden Infant Death Syndrome



4Cs welcomes Laura Garcia, RN PHN,
from the San Mateo County Health
Department

*Participants will have the opportunity to
learn about:*

- What is SIDS?
- How to reduce the risk of SIDS
- Infant-safe sleep techniques
- Safe Sleep Regulations

*This workshop is **FREE** of charge and is open
to the community and **participants will earn
1.5 hours of professional development.***

When...

WEDNESDAY, AUGUST 28, 2024
6:30 PM - 8:00 PM

Where...

VIRTUAL ZOOM MEETING

Register in advance for this meeting:

<https://bit.ly/3y53wU3>

For more information contact:

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650-517-1446 or bparra@sanmateo4cs.org