

COMMUNITY CLASSES AT SWEDISH/BALLARD



SWEDISH CAMPUS LOCATIONS

Ballard
5300 Tallman Ave. N.W.

Cherry Hill
500 17th Ave.

Edmonds
21601 76th Ave. W.

First Hill
747 Broadway

Issaquah
751 N.E. Blakely Dr.

Mill Creek
13020 Meridian Ave. S.

Redmond
18100 N.E. Union Hill Rd.

To register for the following classes and to see a full list of classes at all Swedish campuses, visit www.swedish.org/classes, email healtheducation@swedish.org, or call **206-386-2502** unless otherwise noted. Registration is required for all classes and screenings. Class information is subject to change.

AARP Driver Safety Program

The AARP Driver Safety Course is a two-day, eight-hour classroom refresher for motorists aged 50 and older. A certificate is awarded upon completion and drivers over age 55 may be eligible for insurance discounts. *Fee: \$12 for AARP members, \$14 for nonmembers.*

Monday and Wednesday, July 9 and 11,
9 a.m.-1:30 p.m.

All About Puberty: Parents and Preteens Together

The focus of this fun, interactive class is to open and enhance communication between parents and their 9- to 12-year-old and explain the physical and emotional changes of puberty. *Fee: \$30 per family.*

Tuesday, Aug. 7, 6:30-9 p.m.

Hop to Signaroo® Baby Sign Language Classes

Hearing families can use American Sign Language to communicate with hearing babies as young as 5 months old. Signing greatly reduces a baby's frustration and promotes faster language development. Four sessions. *Fee: \$128 plus required \$19 materials fee.* For more information, visit www.hoptosignaroo.com.

Thursday, July 12-Aug. 2, 10:30-11:30 a.m.

or

Thursday, Aug. 2-Aug. 23, 6:30-7:30 p.m.

Joint Replacement: The Right Choice for You?

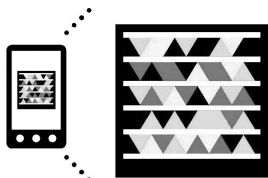
If you have arthritic joint pain and are considering joint replacement, you'll want to attend this important class. An orthopedic surgeon will discuss hip- and knee-replacement surgery.

Wednesday, July 25, 6-8 p.m.

Safe Sitter®

This class covers basic lifesaving techniques, safety precautions and responsibilities of safe babysitting and is recommended for boys and girls ages 11-13. *Fee: \$40.*

Monday, Aug. 6, 9 a.m.-4 p.m.



Get the free mobile app at
<http://gettag.mobi>

For a free physician referral:
1-800-SWEDISH (1-800-793-3474)
www.swedish.org

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