

Tummy Time Class

August 5, 2026

10 to 11 a.m.

October 8, 2026

5 to 6 p.m.



Are you expecting a baby?

Are you a parent, grandparent, or caregiver of an infant up to 6 months old?

Join us for this **FREE class covering:**

- Why tummy time matters
- Tips for safe and effective tummy time

Registered participants will receive a FREE tummy time mat for infants. Infants are welcome to attend with their caregiver (daycare not provided). 15 seats available.

Registration is required.

For more information or to register, call 850-595-6641.

LOCATION

Florida Department of Health in Escambia County
Conference Room 302/303
1295 West Fairfield Drive
Pensacola, FL 32501



**Florida
HEALTH**