

# *Tamalpais Pediatrics Patient Education*

*www.tamalpaispediatrics.com*

## **\*\*\*\*April Classes\*\*\*\***

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### **Starting Solids**

**Thursday, April 9<sup>th</sup>** Greenbrae office  
Class starts at 12:15

Presented by Argavan Nilforoush, RD, CSP  
Argavan@gmail.com

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### **Infant Sleep Class**

**Thursday, April 16<sup>th</sup>** in Novato  
Class starts at noon

Presented by: Sarah Middleton, MA, CD (DONA), CMT  
[www.sarahmiddleton.com](http://www.sarahmiddleton.com)

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### **ADD/ADHD Class**

**Thursday, April 16<sup>th</sup>** in Greenbrae  
6-7:30 PM, Parents only

Presented by Joseph Gumina, PhD

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### **Infant Nap Class**

**Thursday, April 30<sup>th</sup>** in Greenbrae  
Class starts at noon

Presented by: Sarah Middleton, MA, CD (DONA), CMT

\*All classes free for patients of Tamalpais Pediatrics, \$20.00 for others