

**HEALTH & WELLNESS CLASSES FOR 2011  
CHILDBIRTH CLASS SCHEDULE**

**LABOR & DELIVERY CLASS**

**(Saturdays 8:30 am- 4:30 pm)**

**January- 8**

**February- 5**

**March- 5**

**April- 2**

**May – 7**

**June- 4**

**July- 9**

**August- 6**

**September-10**

**October- 1**

**November- 5**

**December- 3**

**NEW MOM, NEW BABY & SAFETY**

**(Saturdays 9:00 am – 12:30 pm)**

**January- 22**

**March- 19**

**May- 21**

**July- 23**

**September- 24**

**November- 19**

**BREASTFEEDING**

**(Saturdays 9:00 am – 12:15 pm)**

**February- 19**

**April- 16**

**June- 18**

**August- 20**

**October- 15**

**December- 17**

**BIG BROTHER & BIG SISTER**

**(Saturdays 9:30 am – 11:00 am)**

**January- 15**

**March- 12**

**May- 14**

**July- 16**

**September- 17**

**November- 12**

**INFANT CPR**

**(Mondays 6:30 pm- 8:30 pm)**

**January-17**

**February- 21**

**March- 21**

**April- 18**

**May- 23**

**June- 20**

**July- 25**

**August- 22**

**September-26**

**October- 24**

**November- 14**

**December- 12**

**To Register for classes call 410-822-1000 Ext. 5200**