

health & wellness classes for 2009

childbirth class schedule

LABOR & DELIVERY CLASS (you may choose to take a 2 day 4 hour class or a 1 day 8 hour class)

(Saturdays 8:30am – 4:30pm)

January – 3
February – 7
March – 7
April – 4
May – 9
June – 13
July – 11
August – 8
September – 12
October – 10
November – 7
December – 5

NEW MOM NEW BABY & SAFETY CLASS (Saturdays 9:00am – 12:30pm)

January – 24
March – 21
May – 30
July – 25
September – 26
November – 14

BREASTFEEDING CLASS (Saturdays 9:00am – 12:15pm)

February – 28
April – 25
June – 27
August – 29
October – 24
December – 12

INFANT CPR (Mondays 6:30pm – 8:30pm)

January – 12
February – 16
March – 23
April – 20
May – 18
June – 29
July – 13
August – 17
September – 28
October – 12
November – 16
December – 14

BIG BROTHER & BIG SISTER CLASS (Saturdays 9:30am – 11:00am)

January – 17
March – 28
May – 16
July – 18
September – 19
November – 21

