

health & wellness classes for 2008

childbirth class schedule

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

January 5 & 12 (Saturday 8:30 am - 12:30 pm)

February 2 & 9 (Saturday 8:30 am - 12:30 pm)

March 8 (Saturday 8:30 am - 4:30 pm)

April 5 & 12 (Saturday 8:30 am -12:30 pm)

May 3 & 10 (Saturday 8:30 am - 12:30 pm)

June 7 (Saturday 8:30 am - 4:30 pm)

July 12 &19 (Saturday 8:30 am - 12:30 pm)

August 2 & 9 (Saturday 8:30 am -12:30 pm)

September 6 (Saturday 8:30 am - 4:30 pm)

October 4 & 11 (Saturday 8:30 am -12:30 pm)

November 1 & 8 (Saturday 8:30 am - 12:30 pm)

December- 6 (Saturday 8:30 am - 4:30 pm)

New Mom New Baby & Safety Class (Saturdays 9:00 am – 12:15 pm)

January 26

March 29

May 31

July 26

September 20

November 22

BREASTFEEDING CLASS (Saturday 9:00 am – 12:00 pm)

February 23

April 26

June 28

August 30

October 25

December 13

INFANT CPR (Mondays 6:30 pm- 8:30 pm)

February 11

April 14

June 16

August 18

October 13

December 15

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

January 19

March 29

May 24

July 26

September 27

November 15

