

# PRENATAL CLASS & BREASTFEEDING MANAGEMENT

## CLASS SCHEDULES

### REGISTER TODAY!

PLEASE CALL **521.1279** AND LEAVE A MESSAGE ONE MONTH PRIOR TO CLASS.

All classes are held at Las Palmas Medical Center, 1801 N. Oregon, Classrooms A and B, First Floor.

**PRENATAL CLASS:** Join us to learn about the amazing childbirth process. We provide evidence-based information and education to prepare our families for a wonderful experience. Topics include common discomforts of pregnancy, signs and symptoms of preterm labor, when to come to the hospital and what to bring, stages of labor, vaginal delivery, cesarean delivery, breastfeeding and newborn care.

**BREASTFEEDING MANAGEMENT CLASS:** Join us to learn the comprehensive approach to breastfeeding techniques for mother and baby. Topics include the importance of breastfeeding, feeding challenges, difficulty latching, pumping assistance and open conversation about challenges you may be experiencing.

CLASSES ARE AVAILABLE ONLY TO PATIENTS REGISTERED TO DELIVER THEIR BABY AT LAS PALMAS MEDICAL CENTER.

### BREASTFEEDING MANAGEMENT CLASSES MONTHLY, 9-11 A.M.

JANUARY 12  
FEBRUARY 9  
MARCH 9  
APRIL 13  
MAY 11  
JUNE 8  
JULY 13  
AUGUST 10  
SEPTEMBER 14  
OCTOBER 12  
NOVEMBER 9  
DECEMBER 14

### PRENATAL CLASSES MONTHLY, 9 A.M.-2 P.M.

JANUARY 26  
FEBRUARY 23  
MARCH 23  
APRIL 27  
MAY 25  
JUNE 22  
JULY 27  
AUGUST 24  
SEPTEMBER 28  
OCTOBER 26  
NOVEMBER 23  
DECEMBER 28



LAS PALMAS  
WOMEN'S CENTER  
A CAMPUS OF LAS PALMAS DEL SOL HEALTHCARE