

2018

**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 13
February 10
March 17
April 14
May 12
June 16
July 14
August 11
September 15
October 13
November 10
December 15

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

January 27
February 24
March 31
April 28
May 26
June 30
July 28
August 25
September 29
October 27
November 24
December 29

