

# 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 Oregon Medical Building:  
1700 N. Oregon St., Training and Development Suite 720 on the 7th 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 11  
FEBRUARY 8  
MARCH 14  
APRIL 11  
MAY 9  
JUNE 6  
JULY 11  
AUGUST 15  
SEPTEMBER 12  
OCTOBER 10  
NOVEMBER 14  
DECEMBER 5

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

JANUARY 25  
FEBRUARY 22  
MARCH 28  
APRIL 25  
MAY 23  
JUNE 20  
JULY 25  
AUGUST 29  
SEPTEMBER 26  
OCTOBER 24  
NOVEMBER 28  
DECEMBER 19



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