

2017

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.

February 11
March 11
April 8
May 13
June 10
July 8
August 12
September 9
October 14
November 11
December 9

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

January 28
February 25
March 25
April 22
May 27
June 24
July 22
August 26
September 23
October 28
November 25
December 16