

**MATERNAL CHILD HEALTH EDUCATION
2007 SCHEDULE**

Visit our website www.goodsamhosp.org/moms
To register online or call 800 435-7465
For questions call 368-5450

**Early registration is suggested
Birthing Center Tour included***

Maternity Tour (Free)

**No appointment necessary.
Meet in Hospital lobby at 10:50am.**

Jan. 7 Jul. 1
Feb. 4 Aug. 5
Mar. 4 Sept. 2
Apr. 1 Oct. 7
May 6 Nov. 4
Jun. 3 Dec. 2

Weekend Prepared Childbirth \$155*
Continental Breakfast Served
Saturday 10 – 4pm
Sunday 10 - 2pm

Jan. 20 & 21	Jul. 21 & 22
Feb. 24 & 25	Aug. 25 & 26
Mar. 24 & 25	Sept. 22 & 23
Apr. 28 & 29	Oct. 20 & 21
Jun. 23 & 24	Nov. 17 & 18
	Dec. 15 & 16

Prepared Childbirth Series \$130*
7:30pm – 9:30pm

1st Series

Wed. Jan. 10,17,24,31 Feb. 7

2nd Series

Wed. Feb. 28 Mar. 7,14,21,28

3rd Series

Wed. Apr. 18,25, May 2,9,16

4th Series

Wed. Jun. 6,13,20,27 Jul. 11

5th Series

Wed. Aug. 8,15,22,29 Sept. 5

6th Series

Wed. Sept. 26 Oct. 3,10,17,24

7th Series

Wed. Nov. 7,14,21,28 Dec. 12

Sundays*

Continental Breakfast Served

1st Sunday 10 – 4
2nd Sunday 10 – 2

Jan. 7 & 14
Mar. 11 & 18
Apr. 15 & 22
May 13 & 20
Jul. 8 & 15
Aug. 12 & 19
Oct. 7 & 14

Childbirth Review Class 10 – 2pm
\$60 per couple

Sat. Feb. 17
Sat. June 16
Sat. Sept. 29
Sun. Dec. 1

Breastfeeding Class Two consecutive

Thursdays 6:30 pm – 8:30pm \$70*

Feb. 8 & 15
Apr. 12 & 19
Jun. 14 & 21
Aug. 9 & 16
Oct. 11 & 18
Dec. 13 & 20

Saturdays 10am – 2pm \$70

Jan. 6 Jul. 7
Mar. 3 Sept. 15
May 5 Nov. 3

***Includes New Mothers guide
to Breasfeeding**

Infant/Child CPR & Safety

**Two consecutive Tuesdays
(except January – on Thurs.)**

6:30-9:30pm

\$50 for each participant

Jan. 4 & 11 Jul. 10& 17
Mar. 6 & 13 Sept. 4& 11
May 8 & 15 Nov. 6 &13

Sibling Class

Saturday 11:00am 12:30pm

\$40 per family

Jan. 13 July 14
Feb. 10 Aug. 11
Mar. 10 Sept. 8
Apr. 14 Oct. 13
May 12 Nov. 10
June 9 Dec. 8

NewBorn Care Class

7:00pm – 10:00pm \$55

Thurs. Jan. 18 Fri. Jul. 20
Thurs. Feb. 22 Thurs. Aug. 23
Fri. Mar. 23 Thurs. Sept. 20
Fri. Apr. 20 Thurs. Oct. 25
Thurs. May 24 Thurs. Nov. 15
Thurs. Jun. 28 Thurs. Dec. 6

Grandparents Class \$25/participant

Sat. Jan. 27 Sat. Jul. 28
Sat. Apr. 21 Sat. Oct. 27

**Yoga Classes Prenatal & Post
Delivery**

Ongoing Wednesdays 5:45-6:30PM
5 classes for \$70
10 classes for \$130

**If you are not taking any classes and
would like a unit tour, there are group
tours the first Sunday of every month at
11am. No appointment is necessary for
this, just meet in the main hospital lobby
at 10:50 am. Private tours during the
week are done by appointment.
Call 1 888 332-MOMS**

Meet the Doula Night:

3rd Monday of every month 7:30pm
Please join us to learn how having a
Birth Doula can enhance the birth
experience for you and your partner