

MATERNAL CHILD HEALTH EDUCATION 2009 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 1st Sunday of every month.
FREE, no appointment necessary. Meets
in the Birthing Center Lobby at 10:50am.

January 4	July 5
February 1	August 2
March 1	September 6
April 5	October 4
May 3	November 1
June 7	December 6

Weekend Prepared Childbirth \$165.00 per couple. Continental breakfast served.
Saturday 10 – 4pm Sunday 10 - 2pm

January 17 & 18	June 27 & 28
February 21 & 22	July 25 & 26
March 21 & 22	August 22 & 23
April 4 & 5	October 3 & 4
May 16 & 17	November 21 & 22

Prepared Childbirth Series \$165.00 per couple. Tues or Wed 7:00pm – 9:30pm

1st Series
January 20, 27 February 3 & 10
2nd Series
March 4, 11, 18 & 25
3rd Series
April 7, 14, 21 & 28
4th Series
May 20, 27, June 3 & 10
5th Series
July 1, 8, 15 & 22
6th Series
August 4, 11, 18 & 25
7th Series
September 16, 23, 30 & October 7
8th Series
November 24, December 1, 8 & 15

Sundays Prepared Childbirth \$165.00 per couple. Continental breakfast served
1st Sunday 10 – 4 2nd Sunday 10 – 2

January 4 & 11
February 1 & 8
March 1 & 8
April 19 & 26
June 7 & 14
July 12 & 19
August 2 & 9
September 13 & 20
October 18 & 25
November 1 & 8
December 6 & 13

Breastfeeding Class \$70.00.

Two consecutive Thurs. 6:30pm – 8:30pm

Includes New Mothers guide to Breastfeeding.

February	19 & 24
April	16 & 23
June	18 & 25
August	13 & 20
October	22 & 29

Breastfeeding Saturdays 10am – 2pm \$70.00

January	3	November	7
March	7	December	5
May	2		
August	8		
September	26		

Infant/Child CPR & Safety \$50.00 per person.

Two consecutive Tues. 6:30pm – 9:30pm

January	6 & 13	July	7 & 14
March	3 & 10	September	1 & 8
May	5 & 12	November	10 & 17

Sibling Class \$40.00 per family.
Saturdays 11:00am 12:30pm

January	10	July	11
March	14	September	12
May	9	November	14

Newborn Care Class \$55.00 per couple

Thursdays or Fridays 7:00pm – 10:00pm

January	9	July	10
February	12	August	7
March	13	September	10
April	2	October	8
May	8	November	6
June	4	December	3

Grandparents Saturday Classes \$25.00 per person.

January	24
April	18
August	1
October	17

Yoga Classes Prenatal & Post Delivery.

Call 845 357-0459

Ongoing Wednesdays 5:30-6:30PM

5 classes for \$75

10 classes for \$140

Childbirth Review Class \$65 per couple

Held on Saturdays 10am – 2pm

Call for schedule

A refresher course in the mechanics of labor & delivery. Breathing and relaxation techniques are reviewed. Registration is required. Tour included.

Private tours during the week are done by appointment please call: 1- 888- 332-MOMS

LUCINA DOULAS

www.Lucinadoulas.com