

MATERNAL CHILD HEALTH EDUCATION 2010 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

Maternity Tour 1st Sunday of every month.
FREE, no appointment necessary. Meets
in the Birthing Center Lobby at 10:50am.

January 3	July 11 (2nd Sunday)
February 7	August 1
March 7	September 5
April 4	October 3
May 2	November 7
June 6	December 5

Prepared Childbirth Series \$165.00 per couple. Tues or Wed 7:00pm – 9:30pm
Includes tour of the unit

1st Series
January 6, 13, 20 & 27
2nd Series
February 17, 24, March 3 & 10
3rd Series
April 6, 13, 20 & 27
4th Series
May 12, 19, 26, June 2
5th Series
June 23, 30, July 7 & 14
6th Series
August 10, 17, 24 & 31
7th Series
September 15, 22, 29, October 6
8th Series
November 23, 30, December 7 & 14

Weekend Prepared Childbirth \$165.00 per couple. **Continental breakfast served.**
Saturday 10 – 4pm Sunday 10 - 2pm
Includes tour of the unit

January 23 & 24	August 7 & 8
February 20 & 21	September 18 & 19
March 20 & 21	October 2 & 3
May 1 & 2	November 6 & 7
June 26 & 27	

Sundays Prepared Childbirth \$165.00 per couple. **Continental breakfast served**
1st Sunday 10 – 4 2nd Sunday 10 – 2
Includes tour of the unit

January 3 & 10
March 7 & 14
April 11 & 18
May 16 & 23
June 6 & 13
July 11 & 18
August 22 & 29
October 17 & 24
December 5 & 12

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

Breastfeeding Class \$70.00.
Two consecutive Thurs. 6:30pm – 8:30pm

Includes New Mothers guide to Breastfeeding.

March 18 & 25
June 3 & 10
September 16 & 23

Breastfeeding Saturdays 10am – 2pm
\$70.00
Includes New Mothers guide to Breastfeeding.

January 16	July 17
February 13	August 21
March 27	September 25
April 17	October 16
May 22	November 20
June 19	December 11

Infant/Child CPR & Safety \$50.00 per person.
Two consecutive Tues. 6:30pm – 9:30pm

January 5 & 12	July 6 & 13
March 2 & 9	September 7 & 14
May 4 & 11	November 9 & 16

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

January 9	July 10
March 13	September 11
May 8	November 13

Newborn Care Class \$55.00 per couple
Thursdays or Fridays 7:00pm – 10:00pm

January 15	July 16
February 18	August 19
March 19	September 24
April 15	October 14
May 14	November 19
June 17	December 16

Grandparents Saturday Classes \$25.00 per person.

March 6
June 5
August 14
December 4

Happiest Baby on the Block \$55.00 per couple 7:30pm – 9:30pm
Tips and Techniques to keep baby happy & “shhh” atified

February 11	August 26
April 1	October 21
June 3	December 3

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.

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. Please call for reservations 845-598-1356