

Prenatal Education Classes

MCH Conference room (Medical Office Building)

April 4, 2019

8:00	Traditional Education/Culture Enrichment
9:00	Car Seat Education (video & quiz) /Installation
10:00	Breastfeeding your newborn
1:00	Traditional Education/Culture Enrichment
2:00	Stages of Labor

Attend 4 classes and
receive an incentive



April 11, 2019 (MCH Conference RM215/2nd floor)

9:00	Car Seat Education (video & quiz) /installation
10:00	Mom's In Motion @Wellness Center
10:00	Breastfeeding your newborn
11:00	PN Oral Health
2:00	Newborn Care

April 18, 2019

9:00	Car Seat Education (video & quiz) /Installation
10:00	Breastfeeding your newborn
11:30	PN Nutrition Education
2:00	Stages of Labor

April 25, 2019 (MCH Conference RM215/2nd floor)

8:00	Traditional Education/Culture Enrichment
9:00	Car Seat Education (video & quiz) /Installation
10:00	Breastfeeding your newborn
10:00	Mom's In Motion @Wellness Center
1:00	Traditional Education/Culture Enrichment
2:00	Breastfeeding your newborn
3:00	Newborn Care

Planning and preparing for your baby arrival, get the most out of your prenatal care!

BREASTFEEDING HOTLINE (928) 386 – 3439

QUESTIONS CALL NOREEN KING AT (928) 289-6265

CAR SEAT information call the Safety program at (928) 289-8013