

PRENATAL EDUCATION CLASSES

MCH Conference room (Medical Office Building)

AUGUST 1, 2019 (MOB CONFERENCE)

**9:00-3:00 WIHCC ANNUAL BREASTFEEDING/BABY FAIR
MEDICAL OFFICE BUILDING/MOB CONFERENCE**

AUGUST 8, 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
1:00 Breastfeeding your newborn
2:00 Newborn Care

AUGUST 15, 2019 (MOB CONFERENCE)

8:00 Traditional Education/Culture Enrichment
9:00 Car Seat Education (video & quiz) installation
10:00 Breastfeeding your newborn
11:30 PN Nutrition Education
1:00 Traditional Education/Culture Enrichment
2:00 Stages of Labor
3:00 Breastfeeding your newborn

AUGUST 22, 2019 (MCH CONFERENCE RM215/2ND FLOOR)

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

AUGUST 29, 2019 (MOB CONFERENCE)

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
3:00 Breastfeeding your newborn

**Attend 4 classes and
receive an incentive**

**Planning and preparing for your baby arrival
Get the most out of your prenatal care!**



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

QUESTIONS CALL NOREEN KING AT (928) 289 -6265

BREASTFEEDING HOTLINE (928) 386 - 3439