

# Prenatal Education Classes

MCH Conference room (Medical Office Building)

## JUNE 6, 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
- 3:00 Breastfeeding your newborn

## JUNE 13, 2019 (MCH Conference RM215/2<sup>nd</sup> 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

## JUNE 20, 2019 (MCH Conference RM215/2<sup>nd</sup> floor)

- 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
- 3:00 Breastfeeding your newborn

## JUNE 27, 2019

- 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



**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**

**SAVE THE DATE: AUGUST 1, 2019 WIHCC ANNUAL BREASTFEEDING/BABY FAIR!  
MEDICAL OFFICE BUILDING CONFERENCE ROOM 9AM – 3PM**

**QUESTIONS CALL NOREEN KING AT (928) 289 -6265  
BREASTFEEDING HOTLINE (928) 386 – 3439**