

Prenatal Education Classes

MCH Conference room (Medical Office Building)

MARCH 5, 2020 (MOB CONFERENCE)

- 8:00 Traditional Education/Culture Enrichment
- 9:00 Car Seat Education (video & quiz) /installation
- 10:00 Breastfeeding your newborn
- 11:00 Labor & Delivery Class
- 1:00 Newborn Care
- 2:00 Breastfeeding your newborn

MARCH 12, 2020 (MCH CONFERENCE RM215/2ND FLOOR)

- 9:00 Car Seat Education (video & quiz) installation
- 10:00 Breastfeeding your newborn
- 11:30 Prenatal Nutrition Education
- 2:00 Breastfeeding your newborn

MARCH 19, 2020 (MOB CONFERENCE)

- 9:00 Car Seat Education (video & quiz) /Installation
- 8:00-3:00 Breastfeeding your newborn

MARCH 26, 2020 (MCH CONFERENCE RM215/2ND FLOOR)

- 8:00 Traditional Education/Culture Enrichment
- 9:00 Car Seat Education (video & quiz) /Installation
- 10:00 Breastfeeding your newborn
- 11:00 Stages of Labor video
- 1:00 Breastfeeding your newborn



**Attenda 4 classes
Receive an incentive**

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

BREASTFEEDING HOTLINE (928) 386 - 3439

QUESTIONS CALL NOREEN BARTON AT (928) 289 -6265

Planning and preparing for your baby arrival, get the most out

of your prenatal care!

Planning