

# Great Beginning Classes

You may begin registering for the following classes when you are 28 weeks pregnant. Classes are offered monthly from **1400-1600 or 1800-2000.**

## **Infant Health and Safety**

Medical emergencies and child.  
Proofing your home

Classes held 2nd Thursday of every month. Contact 457-2273 or 526-2939 to sign up.

## **Third Trimester**

Instructor discusses concerns about pregnancy, and preparing for delivery

Classes held 3rd Thursday of every month. Contact 457-2273 or 524-4382 to sign up.

## **Healthy Newborns Mom:**

Instructor discusses common characteristics of newborns and what to expect as a new Mom.

Class held 4th Thursday of every month. Contact 457-2273 or 524-4382 to sign up.

## **Breastfeeding**

Getting started the first week; Re-turning to work or school.

Class held 1st Thursday of every month. Contact 457-2273 or 524-4382 to sign up.

## **Prepared Childbirth**

**Classes held 1st, 2nd, 3rd Tuesday and Wednesday of every from 1800-2000. You must attend consecutive nights.**

**Please bring a pillow, blanket, water/snacks, and a coach.**

**Contact 457-2273 or 524-4382 to sign up.**

## **Preterm Labor Class:**

Learn important signs to look for to prevent preterm labor. Must be at least 20 weeks pregnant to sign up.

Classes held 2nd Tuesday of every month at 1400 by appointment only. Call 526-7591.

## **Big Brother-Big Sister (ages 4 and older):**

Classes are held once a month. Contact 526-8281 to sign up.

**In case of bad weather, verify scheduled classes at 524-4832.**