



## Childbirth Classes January - December 2020

Please register online at: [NavicentHealth.org/beginnings](http://NavicentHealth.org/beginnings)

Phone: (478) 633-2229

Toll Free: (866) 444-5622

*New mothers as well as invited spouses, partners and family are welcome to participate in all of the classes listed below  
Please note - class space may be limited*

### Prepared Childbirth Classes - \$50

First time expectant mothers, their coaches, spouse, or others. (*Scholarships available*)

*Saturday*

Classes are held 9AM–5PM (*Trice 8*)

January 11	July 11, 18
February 1, 15	August 1, 15
March 7, 21	September 19
April 4, 18	October 3, 17
May 2, 16	November 7, 21
June 6, 20	December 5, 19

### Breastfeeding Classes - **FREE**

*Saturdays*

Classes are held 1PM–3:30PM (*Trice Auditorium*)

January 18	July 18
February 15	August 15
March 21	September 19
April 18	October 17
May 16	November 21
June 20	December 19

### Car Seat Safety Classes - **FREE**

*Saturdays*

Classes are held 10AM–12PM (*Trice Auditorium*)

April 11	October 10
July 11	

### Sibling Classes - **FREE**

*Saturdays*

Classes are held 10AM–11:30AM (*Trice 8*)

January 25	July 25
March 28	September 26
May 30	November 28

### Infant CPR Classes - **FREE**

*Wednesday Nights*

Classes are held 6:30PM–8:30PM (*Trice 8*)

January 8	July 8
February 12	August 12
March 11	September 9
April 15	October 14
May 13	November 11
June 10	December 9