



Childbirth Classes January - December 2019

Please register online at: 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*)

Monday Nights

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

January 7, 14, 21	February 4, 11, 18
March 4, 11, 18	April 1, 8, 15
May 6, 13, 20	June 3, 10, 17
July 1, 8, 15	August 5, 12, 19
September 9, 16, 23	October 7, 14, 21
November 4, 11, 18	December 2, 9, 16

Saturday

Classes are held 9AM–5PM (*Trice 8*)

January 5	February 2
March 2	April 6
May 4	June 1
July 6	August 3
September 7	October 5
November 2	December 7

Baby Care Basics Classes - **FREE**

Thursdays

Classes are held 7PM–9PM (*Trice Auditorium*)

January 3	March 7
May 2	July 11
September 5	November 7

Car Seat Safety Classes - **FREE**

Saturdays

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

January 12	April 13
July 13	October 12

Infant CPR Classes - **FREE**

Wednesday Nights

Classes are held 6:30PM–8:30PM (*Trice 7*)

January 9	February 6
March 6	April 3
May 1	June 5
July 10	August 7
September 4	October 2
November 6	December 4

Sibling Classes - **FREE**

Saturdays

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

January 26	March 23
May 25	July 27
September 28	November 23

Breastfeeding Classes - **FREE**

Saturdays

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

January 19	February 16
March 16	April 20
May 18	June 15
July 20	August 17
September 21	October 19
November 16	December 14