



**NORTHWEST  
MEDICAL CENTER**  
*The Women's Center*

**PRENATAL CLASS SCHEDULE - 2010**

To register, please call 866-NW4WELL (866-694-9355). For questions about classes, please call (520) 877-4156.

Employees of Northwest Medical Center are eligible for discounts on prenatal class fees.

Coaches or support persons are encouraged to attend all classes along with the mother-to-be.

All fees posted are per couple / family except for Parent CPR.

For more information, visit [northwestmedicalcenter.com](http://northwestmedicalcenter.com) and click on "Community Education."

**Preparing for the Birth Experience**

A five-session class for the first-time mother. Two-session Super Saturday class also available. Fee: \$70. (\$55 for NMC employees). Classes are held at the Event Center: 6060 Fountain Plaza Drive, Suite 130, adjacent to The Women's Center.

<b>Tuesdays</b> <b>6 p.m. - 8:30 p.m.</b> <b>(5 weeks)</b>	<b>Wednesdays</b> <b>6 p.m. - 8:30 p.m.</b> <b>(5 weeks)</b>	<b>Thursdays</b> <b>6 p.m. - 8:30 p.m.</b> <b>(5 weeks)</b>	<b>Super Saturday</b> <b>9 a.m.-3:30m.</b> <b>(2 weeks)</b>
Jan. 5 – Feb 2 Feb. 16 – March 16 April 6 – May 4 May 18 – June 15 July 13 – Aug. 10 Aug. 24 – Sept. 21 Oct. 12 – Nov. 9	Jan. 6 – Feb. 3 Feb. 17 – March 17 April 7 – May 5 May 19 – June 16 July 14 – Aug. 11 Aug 25 – Sept. 22 Oct. 13 – Nov. 10	Jan. 7 – Feb. 4 Feb. 11 – March 18 April 8 – May 6 May 20 – June 17 July 15 – Aug. 12 Aug. 26 – Sept. 23 Oct. 14 – Nov. 11	January 9 & 16 February 6 & 13 March 6 & 13 April 10 & 17 May 1 & 8 May 22 & 29 June 12 & 19 July 17 & 24 August 7 & 14 August 28 & September 4 September 18 & 25 October 2 & 9 October 23 & 30 November 6 & 13 December 4 & 11

**Birthing Refresher**

A one-session refresher for expectant moms. **Classes are held on Thursdays from 6 p.m. - 9 p.m.** Fee: \$35. (\$30 for NMC employees) Classes are held at the Women's Center Classroom.

February 4; May 6; August 12; November 11

**Now What: Owners Manual For Beginners**

A one-session class to guide parents with skills for early newborn care. **Classes are held on Mondays and Thursdays from 6 p.m. - 8:30 p.m.** Fee: \$30 (\$25 for employees).

Classes are held at The Women's Center Classroom.

January 7 or 11; February 15; March 8 or 11; April 8 or 19; May 27; June 3 or 14; July 15 or 19; August 30; September 2 or 20; October 14 or 18; November 8 ; December 13

**More classes on back v**



**NORTHWEST  
MEDICAL CENTER**  
*The Women's Center*

**PRENATAL CLASS SCHEDULE - 2010**  
(Page 2)

To register, please call 866-NW4WELL (866-694-9355). For questions about classes, please call (520) 877-4156.  
Coaches or support persons are encouraged to attend all classes along with the mother-to-be.  
Employees of Northwest Medical Center are eligible for discounts on prenatal class fees.  
For more information, visit [northwestmedicalcenter.com](http://northwestmedicalcenter.com) and click on "Community Education."

**General Tour & Sibling Tour**

Guided tour of The Women's Center OB suites, triage and other services. **Tours are held on Sundays from 12 p.m. – 3 p.m. and Mondays at 6:30 p.m.** FREE. Tours start in The Women's Center Lobby.

<b>Sundays</b>	January 17; February 21; March 14; April 11; May 16; June 13; July 18; August 22; September 19; October 17; November 7; December 12
<b>Mondays</b>	January 4; February 1; March 1; April 5; May 3; June 7; July 12; August 2; September 13; October 11; November 1; December 6

**Breastfeeding – The Perfect Start**

A one-session comprehensive class on breast-feeding information, resources, etc. **Classes are held on Mondays and Thursdays from 6 p.m. - 8:30 p.m.** Fee: \$30. (\$25 for NMC employees).  
Classes are held at The Women's Center Classroom.

January 4 or 18; February 1; March 1 or 15; April 12; May 3 or 17; June 7; July 12 or 26; August 9 or 26; September 13 or 23;  
October 11 or 28; November 1 or 15; December 6

**Parent CPR**

A one-session class teaching skills needed to prevent and manage emergency situations for children from infant through age 8. Lecture, video and mannequin. **Classes are held Sundays at 2 p.m. and Thursdays at 6 p.m.**  
Fee: \$25 per person or \$40 a couple. (\$20 for NMC employees). Classes are held in the Women's Center classroom

<b>Sundays</b>	January 10; February 21; March 7; April 18; May 2; June 13; July 11; August 8; September 12; October 10; November 14; December 5
<b>Thursdays</b>	January 21; February 18; March 18; April 29; May 20; June 10; July 29; August 5; September 16; October 21; November 18;

**Birthing Naturally**

A one-session class for women who want to learn more about delivering their babies naturally and without medications. **Classes are held on Fridays from 6 p.m. - 8 p.m.** Fee: \$30. (\$25 for NMC employees) Classes are held in The Event Center: 6060 Fountain Plaza Drive, Suite 130, adjacent to The Women's Center.

January 15; March 5; April 16; May 28; July 16; August 27; October 15; December 3