

2010 SCHEDULE OF CLASSES



Schedule can also be viewed and printed from our website www.dmcf.org

CHILDBIRTH PREPARATION:

This course focuses on information needed to prepare for labor and delivery. Emphasis is placed on relaxation and breathing techniques, support person's role, and information needed to make your birth experience more comfortable. \$75



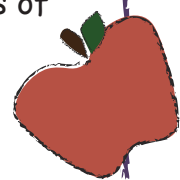
BABY CARE BASICS

In one session learn the essentials of caring for your newborn, as well as tips for surviving those first few weeks of parenthood. \$35.

Class Schedule

WEDNESDAYS 6:00 to 9:00 p.m

February 17	April 21
June 16	August 18
October 20	December 15



PREPARATION FOR BREAST FEEDING

This class helps you learn the "how-to's" of breast feeding your newborn. A specialist provides information essential to having a successful breastfeeding experience. \$35 - 1 session.

Class Schedule

WEDNESDAYS 6:30 to 8:30 p.m

Feb 3 April 7 June 2 Aug 4 Oct 16 Dec 1

FIVE WEEK SERIES

TUESDAYS 6:30 to 8:30 p.m

Class Schedule

Jan 12 - Feb. 9
 March 9 - April 6
 May 4 - June 1
 July 6 - August 3
 September 7 - October 5
 November 2 - November 30

DMC Foundation
"Health Through Education"



PEDIATRIC CPR

Knowing what to do in a **EMERGENCY** situation can **save a child's life!** \$40 per person or \$60 per couple.

Class Schedule

WEDNESDAYS 6:30 to 8:30 p.m

February 2
May 3
August 9
November 22



WEEKEND SERIES

FRIDAY 6:00 - 9:00 P.M.
SATURDAY 9:00 AM - 4:00 PM

Class Schedule

APRIL 9&10 DEC. 3&4
AUG. 6&7

SATURDAY/SUNDAY 9:00 - 3:00

Class Schedule

FEB. 6 & 7
JUNE 5 & 6
OCT. 2 & 3

DELUXE DELIVERY SPECIAL!

Enjoy all of these classes for one low price!
price: **\$200 only**

Call **521-2229** to register today!



BEYOND BREAST FEEDING

This class explains the basics of pumping and storing your milk, as well as tips for maintaining your milk supply. Learn how to coordinate your busy schedule with your baby's feeding schedule. \$35 - 1 session.

Class Schedule

WEDNESDAYS 6:30 to 8:30 p.m

Feb 10	August 11
April 14	October 13
June 9	December 8

