

# destination maternity™

**“Everything a pregnant woman could ever want or need,  
featuring a huge selection of Maternity Fashion”**

## Schedule of Events

### April 2008

#### **Mondays:**

April 7th, 14th & 21st  
6:30 PM - 7:30 PM

Prenatal Yoga

April 28th  
6:30 PM – 8:30 PM

Breastfeeding Basics Part 1

#### **Tuesdays:**

10:30 AM – 11:30 AM

Baby Steps

April 1st, 8th & 22nd  
6:30 PM – 7:30 PM

Strong Mamas

April 15th  
7:00 PM – 9:00 PM

Mother of Twins Club Meeting

April 29th  
6:30 PM – 8:30 PM

Breastfeeding Basics Part 2

#### **Wednesdays:**

6:30 PM – 7:30 PM

Prenatal Yoga

#### **Thursdays:**

5:30 PM – 6:20 PM

Baby Steps

6:30 PM – 7:30 PM

Strong Mamas

April 3<sup>rd</sup>  
6:30 PM -8:00 PM

**I'm Pregnant, What's Next?** Meet with other newly pregnant women and shop Destination for all your maternity fashion needs. First Thursday of every month.

April 17<sup>th</sup>  
6:30 PM -8:00 PM

**Destination Maternity Book Club:** Meet with other women to discuss Destination's book of the month. This month's book is "Diary Of A Mad Mom-To-Be " by Laura Wolf. Third Thursday of every month

#### **Fridays:**

April 4th & 25th  
10:15 – 11:30 AM

Breastfeeding Support Group

#### **Saturdays:**

10:15 – 11:15 AM

Prenatal Yoga

April 12th  
1:00PM – 5:00PM

Labor of Love Part 1

April 26th  
2:00 PM – 3:30 PM

Doulas and Comfort Measures for Labor

#### **Sundays:**

April 13th  
1:00PM – 5:00PM

Labor of Love Part 2



*Destination Maternity has partnered with The Woman's Hospital to offer Parent Education classes and physician lectures at its Baton Rouge location*

Bluebonnet Parc shopping center 5921 Bluebonnet Boulevard Baton Rouge, LA 70836

# Woman's Hospital Destination Maternity Class Descriptions

**Prenatal Yoga: \$12 per class or class pass (\$60 for 6 classes or \$110 for 12 classes)**

Yoga can help you prepare physically, mentally and emotionally for giving birth and becoming a mother. Moms-to-be are led through a wide range of poses adapted for the ever-changing pregnant body, preparing her for labor and motherhood, as well as helping to alleviate some of the associated discomforts of pregnancy. Physician release required.

**Strong Mamas: \$12 per class or class pass (\$60 for 6 classes or \$110 for 12 classes)**

Pregnancy exercise class designed to focus on preparing your body for the changes of pregnancy, labor and delivery. This cardio and strength training routine will help improve energy level, attitude and self image. Physician release required.

**Baby Steps: \$12 per class or class pass (\$60 for 6 classes or \$110 for 12 classes)**

An exercise class for moms to do with their babies! Providing the right combination of cardio and strength training to get you back to pre-baby shape while increasing energy levels to handle the demanding job of motherhood. The class targets all major muscle groups. Physician release required less than six weeks postpartum.

**Breastfeeding Support Group: \$20 for first meeting, \$15 for each additional meeting**

These meetings provide an opportunity for mothers to meet, share ideas and encourage one another to be successful in breastfeeding. Mothers are invited to bring their breastfeeding babies 12 months and younger. The group is led by an experienced nurse who teaches breastfeeding classes.

**Breastfeeding Basics: \$35 per couple**

Have you been thinking about breastfeeding your baby, but you aren't quite sure if it is right for you? In this 2 part class learn about the benefits of breastfeeding, how to prepare for breastfeeding, how to get the baby on the breast properly, the father's role, breastfeeding pumps and supplies, and how to avoid common problems.

**Doulas and Comfort Measures for Labor: free**

What is a doula? A doula is an experienced support person who helps through labor, birth and beyond. This class explores the benefits of working with a doula, how to create a positive birth environment, positions for labor and hands-on comfort measures.

**I'm Pregnant, What's Next?: free**

Come and meet other newly pregnant women and share your experiences with each other. Attend the event and receive an essentials maternity wardrobe checklist and goodies for you to take home. Also, you will be entered into a raffle. Can't make it this month, don't worry we are meeting the first Thursday of every month from 6:30-8:00 PM. This event will take place in the T.V. Relax Area.

**Destination Maternity Book Club: free**

Come into Destination to find our book pick of the month. Then join us at the store to meet with other women to discuss the book and share your thoughts. Third Thursday of every month, 6:30 - 8:00 PM. This event will take place in the T.V. Relax Area.

For more information and to register for these classes, call Resources for Women at 225-924-8444 or visit our website at [womans.org](http://womans.org).



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