

destination maternity™

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

Schedule of Events

March 2008

Mondays:

6:30 PM - 7:30 PM

Prenatal Yoga

Tuesdays:

10:30 AM – 11:30 AM

Baby Steps

March 4th, 11th & 25th

6:30 PM – 7:30 PM

Strong Mamas

March 18th

7:00 PM – 9:00 PM

Mother of Twins Club Meeting

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

March 6th

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. (description on back)

March 20th

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 “I’m too Sexy for my Volvo” by Betty Londergan. Third Thursday of every month (description on back)

Fridays:

March 7th & 28th

10:15 – 11:30 AM

Breastfeeding Support Group

Saturdays:

10:15 – 11:15 AM

Prenatal Yoga

March 15th

1:00PM – 5:00PM

Labor of Love Part 1

March 22nd

2:00 PM – 3:30 PM

Doulas and Comfort Measures for Labor

Sundays:

March 16th

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.

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