

destination maternity™

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

Schedule of Events

April 2008

Registration is available at Destination Maternity by using the Parent Education Phone at the Juice Bar or by calling the Healthy Beginnings Family Care Center at 909.980.BABY (2229).

Pre-Registration is required for all classes. Fees vary.

Tuesdays:

6:00-8:30 PM

Prepared Childbirth – Ready, Set, Push!

Wednesdays:

5:30 – 6:30 PM

KICK! Prenatal Yoga

Thursdays:

April 3rd

6:30-8:00 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)

April 17th

6:30 – 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 (description on back)

Fridays:

10:30-11:30 AM

KICK! Prenatal Yoga

Saturdays:

10:00-11:00 AM

Fit Mama - Prenatal Exercise and Pilates

2nd Sunday:

2:30 – 3:00 PM

Proud Grandparents

3rd Sunday:

2:30 – 3:30 PM

BabySafe - Creating a Safe Environment



SAN ANTONIO COMMUNITY HOSPITAL

Destination Maternity has partnered with the San Antonio Community Hospital to offer parent education classes at its Rancho Cucamonga location.

12455 Victoria Gardens Lane
Rancho Cucamonga, CA 91730
909.803.2472

(Just off Foothill Blvd. at Victoria Gardens Lane and Monet Ave)

Class Descriptions

Prepared Childbirth – Ready, Set, Push! (LaMaze) - 5 week course, 2.5 hours each week. The classes will provide expectant parents with techniques for relaxation, breathing, and positioning during labor and delivery. Instructors also discuss coaching techniques for the labor partner, pain relief, what to expect from mom and baby for the first few weeks following the birth, how to choose a pediatrician, and c-section birth.

BabySafe - Creating a Baby Safe Home

This class discusses the importance of making the home, yard, and garage a "safe zone" for toddlers and pre-school children. This includes a demonstration of safety equipment that parents can purchase to utilize in their homes as well as a discussion and demonstration on purchasing, installing, and proper usage of infant/child auto safety seats.

KICK! Prenatal Yoga

Yoga can help you prepare physically, mentally and emotionally for giving birth and becoming a mother. Using an exercise ball and floor exercises, moms-to-be are led through a wide range of breathing exercises and 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.

Fit Mama – Prenatal Exercise and Pilates

This class provides a fusion of exercise movements featuring low impact dance aerobics with emphasis on stretching, toning and Pilates exercise. This class is for mothers-to-be and new mothers.

Proud Grandparents

Discussion on "then and now" -how birthing practices have changed from when the grandparents were the parents. How modern maternity units have changed including actual care of the mother and baby, visiting practices, and the new role of grandparents. Other topics will include how to be supportive rather than "taking charge" once the baby is born, providing a safe environment for the baby when he/she is visiting your home, and how to be a role model for the new parents. There will also be a discussion about the safety of the infant in an automobile.

I'm Pregnant, What's Next?

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

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.

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