

destination maternity™

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

Schedule of Events

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 909.920.6230. There are fees for the classes.

Pre -Registration is required for all classes

March 2008

Mondays:

7:00-8:30 PM Special Lecture Topic

Tuesdays:

6:00-8:30 PM Prepared Childbirth – Ready, Set, Push! (March 1st – April 15th)

Wednesdays:

5:30 – 6:30 PM KICK! Prenatal Yoga

Thursdays:

March 6th
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)

March 20th
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 “I’m too Sexy for my Volvo” by Betty Londergan. 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/Pilates)

Sundays:

March 9th
2:00 – 3:30 PM Proud Grandparents

March 16th
2:00 – 3:30 PM Creating a Safe Environment



SAN ANTONIO COMMUNITY HOSPITAL

Destination Maternity has partnered with the San Antonio Community Hospital to offer Parent Education classes and physician lectures 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 / Pilates

Yoga and Pilates 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.

Mommy and Me Yoga

All levels of yoga students will find this postnatal class beneficial. If you have delivered within the past year, this class will address the new needs of your body from recovery to breastfeeding and baby carrying. Postnatal yoga moves the body with flowing postures that are challenging, grounding, uplifting and strength building all at the same time, while bonding with your new bundle of joy.

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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