

destination maternity™

Schedule of Events

March 2010

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

Mondays:

6:30 PM - 7:30 PM Prenatal Yoga

Tuesdays:

10:30 AM – 11:30 AM Baby Steps

6:30 PM – 7:30 PM Strong Mamas

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

Fridays:

March 5th & 19th Breastfeeding Tips for New Moms

10:15 AM – 11:30 AM

Saturdays:

10:15 AM – 11:15 AM Prenatal Yoga

March 20th Doulas & Comfort Measures for Labor

2:00 PM – 3:30 PM

March 27th Labor of Love Part 1

1:00 PM – 5:00 PM

Sundays:

March 28th Labor of Love Part 2

1:00 PM – 5:00 PM



Woman's

exceptional care,
centered on you

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! This class targets all major muscle groups, 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. Physician release required less than six weeks postpartum.

Breastfeeding Tips for New Moms: \$20

Join us to learn all of the "tricks of the trade" for returning to work without weaning your breastfed baby. Our lactation specialist will guide you through developing an individualized plan to prepare you for your transition back into the workplace or school setting. Mothers are invited to bring their breastfeeding babies 12 months and younger.

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: \$5

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.

Labor of Love: \$75 per couple

This class is recommended for couples wanting to learn how to cope with the pain of labor and birth. During the 8 hours of this class series, you and your labor partner will practice using Lamaze breathing and relaxation techniques and the comfort measures and techniques for your support persons that were discussed in part 2 of the Special Delivery class.



With a new baby arriving there are tons of things that will need to be done. Don't let yourself forget about college savings. The Futuretrust program can help turn your everyday spending into college savings. Learn how to save for your child's future when you buy gas, groceries, clothes and more.

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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