

destination maternity™

Schedule of events

March 2011

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

**Registration is available at Destination Maternity by using the Parent Education Phone at the Juice Bar or
call the Parent Education department at 1-888-Virtua-3**

Pre -Registration is required for all classes

Monday:

5 -6 pm Prenatal Yoga

Tuesday:

March 1 & 8 Labor Basics
6:30 - 9 pm

March 15 & 22 Labor Basics
6:30 – 9 pm

Wednesday:

March 2 Breastfeeding
6:30 – 8:30 pm

March 9 Breastfeeding
6:30 – 8:30 pm

March 16 Breastfeeding
6:30 – 8:30 pm

Thursday:

5:30 – 6:30 pm Prenatal Yoga

Saturday:

10:30 – 11:30 am Prenatal Yoga

11:30 am – 12:30 pm Baby & Me Yoga



*Destination Maternity has partnered with Virtua Health to
offer Parent Education classes and physician lectures at its Cherry Hill location*

Towne Place at Garden State
901 Haddonfield Road, Suite B
Cherry Hill, NJ 08002
(856) 488-1715

Class Descriptions

Breastfeeding Class

Whether you are planning to breastfeed or you are still not sure, this class is for you! Learn all about breastfeeding and gain practical tips from experienced lactation consultants.

Fee: \$40 per couple

Labor Basics

Two nights focused on preparing couples for their labor and delivery experience. Topics include information on the labor and delivery experience, pain management, cesarean sections, newborn basics, as well as adjustments after delivery.

Fee: \$70 per couple

Baby and Me – Yoga

A connection between parent and baby is such a special gift. Bring that gift to the peacefulness of your mat. Baby and me yoga benefits both you and your baby in many ways. Babies should be 6 weeks to crawling. Parents should have an open mind and be ready to relax, stretch and energize! Please bring a blanket for your baby. Maximum of 8 per group.

Fee: \$64 – 8 week series

Prenatal Yoga

Join other pregnant women and celebrate this powerful time in your life through gentle yoga poses, breath work, and relaxation techniques aimed at offering ways to enhance your overall fitness and health, as well as reduce physical discomforts associated with pregnancy. Maximum of 8 per class.

Fee: \$64 – 8 week series



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