

destination maternity™

Schedule of Events

July 2009

**Registration is available at Destination Maternity by using the Parent Education Phone at the Juice Bar or calling the Parent Education department at 904-202-2229
Pre-Registration is required for all classes**

Mondays:

July 20 & 27
6:00 pm – 8:30 pm

(a series- must attend both sessions)
Parenting

Tuesdays:

5:15 pm – 6:15 pm

Pre-Natal Yoga

July 14

6:30 pm – 9:00 pm

Breast-Feeding

July 21, 28 & Aug 3
6:30 pm – 9:00 pm

(a series- must attend all 3 sessions)
Basic Childbirth Education

Wednesdays:

July 15, 22, 29, Aug 5 & 12
6:30 pm – 9:00 pm

(a series- must attend all 5 sessions)
5 wk Childbirth Education

Thursdays:

5:15 pm – 6:15 pm

Fit Moms Prenatal Workout

7:00 pm – 8:00 pm

Pre Natal Yoga

July 23 & 30

11:00 am – 12:00 noon

Infant Massage
(2 classes must attend both sessions)

1:00 pm – 2:15 pm

Breastfeeding and Working Mothers

Fridays:

10:30 am – 11:30 am

Baby Sign-A-Long

July 24

7:00 pm – 7:30 pm

Cord Blood Banking
(sponsored by Via Cord)

Saturdays:

10:00 am – 11:00 am

Pre Natal Yoga

July 25

1:00 pm – 3:30 pm

Family and Friends Infant / Toddler CPR



Depend On Us For Life.™

Destination Maternity has partnered with Baptist Health to offer Parent Education classes and physician lectures at its Jacksonville location

The Markets at Town Center
4880 Big Island Drive, Suite 6
Jacksonville, FL 32246
904-997-9155

Baptist Health
Community Education Classes
You must call 904-202-2229 to register for classes (Class size is limited)

Childbirth Education Series (5 evening sessions) or (2 Saturday Session or Saturday/Sunday Session) (\$65 per couple) Class topics to include: Anatomy/physiology, changes of late pregnancy, comfort measures, warning signs of pre-term labor or other complications, labor & birth (breathing & relaxation techniques throughout series), hospital routines, Cesarean Birth, anesthesia/analgesia, medical interventions & equipment, newborn care, feeding and postpartum recovery. Techniques for a more natural or less medication birth are practiced.

Basic Childbirth Education (3 evening sessions) or (1 Saturday Session) (\$45 per couple)

Topics include the areas covered in our 5 session series with breathing techniques for labor & delivery. (Introduced but not practiced)

Breathing & Relaxation (1 evening session) (\$15.00 per couple)

For those couples who have attended a Basic Childbirth Series or would like a refresher course in breathing and relaxation.

Breast-feeding (\$15 per couple)

One session on preparing to breastfeed & getting started in the hospital

CPR for Family and Friends (\$20.00/person)

One session for 3 hours to include safety information & practice/check-off of performance of CPR techniques.

Early Pregnancy Class (\$15.00)

This class is designed for those in the 2nd to 4th months of their pregnancy. We will discuss important information that will help you have a healthy pregnancy. Topics include nutrition, tips for easing discomforts and the importance of exercise

Dad-To-Be- Prep Class (\$15.00 / person)

A 2 ½ hour class to prepare dads before the birth of their child. Topics include basic newborn care and hands on demonstrations. A Pediatrician will be available to answer your questions.

Kids Safely on Board! Presented by Safe Kids Northeast Florida (Free)

Learn the “ins and outs” of child passenger safety from birth through childhood. A certified child passenger safety technician has a presentation that every new parent needs to hear to help them keep their precious cargo safe while traveling in vehicles! Topics include choosing the right child restraint, installation guidelines, seating positions, latch and tether, and common mistakes. There’s a lot to know about the number one safety risk to children, and we hope you’ll take advantage of this informative program.

Parenting Series (2 sessions) (\$40 per couple)

Two nightly sessions to be taken during pregnancy to discuss newborn care, feeding, safety & parenting issues, infant development

Prenatal Yoga (10 classes for \$100.00 or a single class for \$12.00)

Prenatal Yoga in the Khalsa Way* provides safe, simple & effective exercises designed to strengthen & relax your rapidly changing body, it develops strengths and focus so the mind is prepared to be stable through what birth may bring. Come share your experience with other women, as you empower yourself through yoga, meditation, & guided visualization. The approach is gentle and safe for women in all stages of pregnancy. *Must bring your own yoga mat and a towel*

Sibling Class (\$10 first child/\$5 each additional child)

One Saturday session for ages 3-8 to prepare for new baby at home

Fit Mom Prenatal Workout (10 week series \$100.00 or \$12.00 per class) Town Center Only. Join us for this high energy, safe and effective prenatal workout designed to be used any time during your pregnancy. This class will include gentle flowing moves to build strength and stamina for the demands of labor and to help with the discomforts of your ever-changing body. The final 15 minutes of class will incorporate calming and restorative stretching and breathing exercises to help you unwind and relax at the end of a busy day. * Class size limited. Physician’s note required. Please bring a yoga mat and pillow or towel.

Breastfeeding and Working Mothers (\$10.00) Town Center Only.

This special one-time class is for breastfeeding moms before they return to work. Learn how to maintain milk, supply, create a pumping, storing and feeding plan, and get hints for talking to the boss about creating a breastfeeding-friendly environment.

Infant Touch & Massage Series -(2 week series: \$30.00) Town Center Only

In this 2 week series, you will learn how to incorporate infant touch and massage to help build stronger bonds with your infant. Nurturing touch has been show to enhance growth and brain development and enhanced verbal and nonverbal communication. Each session builds on the previous week’s massage techniques. Course is taught by RN’s who are certified in infant touch and massage. Infants 6 weeks to 6 months welcome. Please bring a blanket and pillow for your baby. Can also attend this course prenatally and use dolls to learn the techniques.

Location Addresses:

Baptist Medical Center - 800 Prudential Drive, Jacksonville

Beaches Medical Center - 1350 13th Avenue South, Jacksonville Beach

Nassau Medical Center - 1250 South 18th Street, Fernandina Beach

South Medical Center -- 14550 St. Augustine Road, Jacksonville

Town Center (Destination Maternity) – The Markets at the Town Center, 4880 Big Island Drive, Suite 6.

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