

# destination maternity™

## Schedule of Events February 2012

**"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 calls the Parent Education department at 973-322-5360**

**Pre -Registration is required for all classes  
Classes are held only with adequate enrollment**

### **Mondays**

10:00am-5:00pm                      Newbornmom Breastfeeding Solutions

### **Tuesdays**

10:00am- 5:00pm                      Newbornmom Breastfeeding Solutions

6:00pm – 7:00pm                      Meet the Birth Doula (2<sup>nd</sup> Tuesday of the month) (free)  
Registration is required

### **Wednesdays**

10:00am-5:00pm                      Newbornmom Breastfeeding Solutions

6:00pm – 7:00pm                      Meet the Birth Doula (free)  
Registration is required

### **Thursdays**

10:00am-5:00pm                      Newbornmom Breastfeeding Solutions

### **Fridays**

10:00am-5:00pm                      Newbornmom Breastfeeding Solutions

### **Saturdays**

1<sup>st</sup> and 3<sup>rd</sup> of every month              Infant CPR for Friends and Family  
10am & 12:30pm (2 hour Class)

February 11<sup>th</sup>  
11:00am – 12:00pm

Valentine's Day Celebration  
Couples Massage Class (FREE)



94 Old Short Hills Road

Livingston, NJ 07039

*Destination Maternity has partnered with Saint Barnabas Medical Center to  
Offer Parent Education classes and physician lectures at its Livingston location*

Livingston Town Center  
2115 Town Center Way, Livingston, NJ 07039  
973-994-5185

# Class Descriptions

## **NEWBORN MOM BREASTFEEDING SOLUTIONS**

Individual breast feeding consultations with you & your baby may be arranged with a certified Lactation Consultant. The consultant will assist you with latch on problems, milk supply issues and much more. Consultations are usually an hour or more. Fee: \$150 per session.

To sign up please call Dawn @ 973-740-0400

## **MEET THE BIRTH DOULAS (Free)**

Information session on a labor support doula and her fee-for service offerings during your labor and delivery. She will give an overview on the comfort measures she can provide throughout your entire birth experience.

To sign up please call 973-322-5360

## **INFANT CPR FOR FRIENDS AND FAMILY**

\$40.00 PER COUPLE - \$25.00 PER SINGLE

This is an entry level course which offers instructions in infant & child CPR. Foreign body airway obstruction (choking) training is included. This course is a must for anyone caring for newborns and children.

To sign up please call CPR Training Center @ 973-926-7407

## **VALENTINE'S DAY CELEBRATION**

Treat yourself to a complimentary Couples Massage Class with your Valentine in the learning studio, hand/arm massage & skin consultation by a Basq representative and free gift with any Basq skincare purchase. Please call the store for more details.

Registration is recommended

### **Couples Massage Class**

Have you been searching for a workshop for Couples Massage that will nourish the heart, mind, soul and body of you and your significant other? We invite you to come and explore new ways to give nurturing intentional touch to your partner. This class is designed to help you and your partner share the therapeutic stress free benefits of massage with each other. This is one class that you will both be glad you took the time to take. Partners will learn to do a complete RELAXING, stress-reducing massage. Lesson will consist of instruction, demonstration and LOTS of hands on practice. Areas of the body we will focus on are neck, shoulders, back, buttocks, legs, feet, arms, hands, scalp and face.

\*Wear loose-fitting, comfortable clothing and bring two pillows for the class. Mats will be provided.



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