

# destination maternity™

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

## Schedule of Events

February 2010

Pre-Registration is required for all classes and is available by using the Phone at the Juice Bar or calling The Center for Women, Children & Family Education at 201.291.6151.

### **Mondays:**

10:30 – 11:30 AM

**Toddler Yoga**

12:00 -1:00 PM

**Baby and Me Yoga**

### **Tuesdays:**

10:30 - 11:30 AM

**Prenatal Yoga**

7:30 - 8:30 PM

**Prenatal Yoga**

### **Wednesdays:**

February 10th  
10:00-11:30 AM

**Baby Massage (at Whole Foods Paramus)**

February 10th  
6:00-7:00 PM

**What is Cord Blood Banking?**

February 17th  
1:00 PM

**Blended Families Group Dynamics (at Kraft)**

7:30 – 8:30 PM

**Women's Health Yoga**

### **Thursdays:**

February 25th  
7:00-8:30 PM

**Baby Photography (This event is held at Whole Foods Paramus)**

### **Fridays:**

10:30 – 11:30 AM

**Prenatal Yoga**

### **Saturdays:**

10:30 - 11:30 AM

**Prenatal Yoga**

February 27th & 3/3rd  
12:00 – 5:00 PM

**Ultimate Birthing Experience**



*Destination Maternity has partnered with The Valley Hospital to offer classes and lectures at its Paramus location*

65 E State Rte 4  
Paramus, NJ 07652  
(35 Plaza on Westbound Route 4)  
201-843-5895

## PARENT EDUCATION CLASSES

**Please call The Center for Women, Children & Family Education at 201-291-6151 for more information and to register.**

### **The Ultimate Birthing Experience**

No matter how your baby arrives-natural delivery, Caesarean section, induction-the birth of your baby should be an incredible experience. It is important that you clearly understand the healthcare decisions you will face as you prepare for birth. This class will give you the tools you need to separate health news from “hype” so you can make healthcare decisions that fit your needs and birth preferences. Bring your support person: you don’t want to miss this class! To ensure a spot in the class, please enroll by your 30<sup>th</sup> week of pregnancy.

**Weeknight classes, 4 consecutive Mondays, 6:30 to 9 p.m. (\$175 per couple)**

**Weekend classes, 2 consecutive Saturdays, 12 to 5 p.m. (\$200 per couple)**

### **Prenatal Yoga: 5 class series (\$85), 10 class series (\$150), 15 class series (\$225)**

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.

### **Baby & Me Yoga: 5 class series (\$85), 10 class series (\$150), 15 class series (\$225)**

This yoga class for mothers and their babies, approximately 6 weeks to 1 year of age, is both challenging and relaxing. It helps women regain strength, as well as adapt and grow in their new role as mother.

### **Toddler Yoga: 5 class series (\$85)**

Using yoga poses, this amusing and active class encourages your toddler’s explorations of the environment around them, all while having you by their side. Lay the foundation for a healthy lifestyle and have fun together.

### **Women’s Health Yoga: 5 class series (\$85), 10 class series (\$150), 15 class series (\$225)**

Practice the science and art of self-illumination through yoga. This yoga class addresses the specific needs of a woman’s physiology and can promote your physical, mental, and spiritual health. For non-pregnant women of all ages.

### **What is Cord Blood Banking? : 2<sup>nd</sup> Wednesday of every month, 6-7 p.m.**

This one-session class will discuss the topic of cord blood banking which is the collection and storage of the stem cells found in your newborn’s umbilical cord. Today, cord blood stem cells have been used successfully in the treatment of over 70 life-threatening diseases. When you bank your baby’s cord blood, you are making a choice that could potentially provide a lifesaving treatment for your child or a family member. There is only one chance to collect your child’s cord blood, find out if it is right for your family.

### **Birth, Baby & Beyond – Network socialize, and learn with other moms!**

(These events held at Whole Foods Paramus)

Enjoy a variety of hot topics, demonstrations and educational activities to help you have fun, stay calm and interact with other moms, whatever stage of motherhood you are in. Refreshments included.

**Baby Massage (\$20)**

**Baby Photography (\$20)**

### **Blended Families Group Dynamics (8 sessions beginning Feb. 17, \$35 per session, Kraft Center, 1:00 PM)**

We welcome parents of blended families to join together. You will have the opportunity to meet others in similar life circumstances who are also experiencing difficulties blending children into a new marriage, handling visitations with ex-spouse, as well as daily parenting and discipline issues.



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.

65 E State Rte 4  
Paramus, NJ 07652  
(35 Plaza on Westbound Route 4)  
201-843-5895