

destination maternity™

Schedule of Events

March 2011

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

**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 AM

Toddler Yoga

12:00 PM

Baby and Me Yoga

March 7, 14, 21
6:00 - 9:00 PM

Ultimate Birthing Experience

Tuesdays:

10:30 AM

Prenatal Yoga

7:30 PM

Prenatal Yoga

Wednesdays:

March 9th
6:00-7:00 PM

What is Cord Blood Banking?

March 23rd
7:00-8:30 PM

To Immunize or Not to Immunize – Get Informed and Educated

7:30 PM

Women’s Health Yoga

Fridays:

10:30 AM

Prenatal Yoga

Saturdays:

10:30 AM

Prenatal Yoga

12:00 PM

Baby and Me Yoga



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

35 Plaza
65 E Rt. 4 West
Paramus, NJ 07652
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 30th week of pregnancy.

Weeknight classes, 3 consecutive Mondays, 6 to 9 p.m. (\$200 per couple)

Prenatal Yoga: 5 class series (\$100)

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 (\$100)

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 (\$100)

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 (\$100)

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? : 2nd Wednesday of every month, 6-7 p.m., no fee

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 – (\$20)

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.

To Immunize or Not to Immunize – Get Informed and Educated (Wed., March 23rd, 7:00 – 8:30 pm)

Learn the facts about the benefits and risks of vaccinations.

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