

# destination maternity™

## Schedule of Events

February 2010

“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 by calling the Parent Education department at (614) 4-HEALTH (443-2584) or go to [www.birthofamom.com](http://www.birthofamom.com).

Pre -Registration is required for all classes

### Mondays:

5:30 - 6:30 p.m.  
7- 8 p.m.

Fitness 4 Mommy & Me  
Prenatal Fitness

\$40/4 week pass  
\$40/4 week pass

### Tuesdays:

1 -2 p.m.  
Feb 2: 6 - 8 p.m.

Prenatal Yoga\*  
Baby Basics

\$80/6 week pass  
\$35

\*No yoga class on Feb. 23

### Wednesdays:

Feb 3: 6-8 p.m.  
Feb 10: 6-8 p.m.  
Feb 17: 6-8 p.m.  
Feb 24: 6-8 p.m.

Pregnancy 101  
Planning Your Birth  
Expedite Your Labor  
What is a Doula?

\$35  
\$35  
\$35  
FREE

### Thursdays:

5:30 - 6:30 p.m.

Prenatal Yoga\*

\$80/6 week pass

\*No yoga class on Feb. 25.

### Saturdays:

Feb. 6: 10 a.m. - 2 p.m.  
Class #1

Car Seats: Is Your Baby Safe

\$40

Feb. 13 10 a.m. - 2:30 p.m.  
Class #2

The Best Babysitter is A SAFE  
SITTER

\$85

Feb. 20 10 a.m. - 2:30 p.m.

Feb. 27 10 a.m. - 1 p.m.

Comfort Measures for Labor

\$40

OR 3 p.m. - 6 p.m.

To register for classes call (614) 4-HEALTH (443-2584) or go to  
[www.birthofamom.com](http://www.birthofamom.com).



Polaris Fashion Place  
1500 Polaris Parkway, Columbus, OH  
614.846.6719

## Class Descriptions

**Fitness 4 Mommy & Me:** Bring your baby and stroller with you and be inspired to get back in shape without going to the gym. Must be at least six weeks postpartum or have physician approval.

**Prenatal Fitness:** Maintain the energy and health you deserve during your pregnancy. Enjoy small group fitness with focus on modified strength-training exercises and stretches as you prepare for labor and birth.

**Prenatal Yoga:** This class will help to ease the possible discomforts of pregnancy and to prepare you physically, mentally, and spiritually for childbirth and motherhood.

**Baby Basics:** Learn the basics of newborn baby care prior to the baby's arrival. Topics will include: bathing, diapering, feeding and more. Partners are encouraged to attend.

**What Is a Doula?:** A doula is an experienced support person who helps through labor, birth and beyond. An experienced doula will lead a discussion about the doula's role before, during and after the birth of your baby.

**Pregnancy 101:** Learn about the normal physiological changes during each state of pregnancy, exercises that will ease the discomforts of pregnancy, childbirth classes, what to eat and what to avoid during pregnancy, and other resources available through Ohio Health for your pregnancy.

**Planning Your Birth:** Learn how to write a clear and concise birth plan that prioritizes the choices that are most important to you.

**The Best Babysitter is A SAFE SITTER:** Adolescents learn safe nurturing child care techniques, basic first aid, rescue techniques and the business of babysitting at this nationally recognized program for boys and girls.

**Comfort Measures for Labor:** In class you and your partner will gain knowledge of techniques for coping during the different stages of labor. We will practice massage techniques, positioning, and other comfort measures.

**Car Seats: Is Your Baby Safe:** Learn basic child passenger safety information from the age of newborns up to 13 years of age including proper car seat installation techniques.



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.

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