

destination maternity™

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

Schedule of Event

July 2009

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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.birtofamom.com.

Pre -Registration is required for all classes

Mondays*NEW TIMES*:

5:30 - 6:30 p.m.

Mommy & Me Fitness

\$40/4 week pass

7- 8 p.m.

Prenatal Fitness

\$40/4 week pass

*No class on July 13th

Tuesdays:

11:45 a.m. - 12:45 p.m.

Mama & Baby Yoga

\$45/4 week pass

1 - 2 p.m.

Prenatal Yoga

\$55/4 week pass

July 7th; 6 - 8:30 p.m.

Baby Basics

\$35

July 14th; 6-8:30 p.m.

Baby Basics

\$35

July 21st; 10:30 to 11:30 a.m.

Big Sibs Class

\$15

July 21st; 6 - 8:30 p.m.

Breastfeeding 101

\$35

Wednesdays:

July 1st; 6:30-8:30 p.m.

Midwives Tips and Tools for Labor

\$35

July 15th; 10:30 - 11:30 a.m.

Being a Grandparent

\$10 single/\$15 couple

July 29th; 6:30 - 8:30 p.m.

Postpartum Pearls

\$35

Thursdays:

5:30 - 6:30 p.m.

Prenatal Yoga

\$55/4 week pass

Fridays:

July 10th; 6 - 8:30 p.m.

What is a Doula?

FREE

July 17th; 6 - 8:30 p.m.

Pregnancy 101

\$35

July 24th; 6 - 8:30 p.m.

Baby Wearing

\$20

July 31st; 6 - 8:30 p.m.

Planning Your Birth

\$35

Saturdays:

July 11th; 10-11:15 a.m.

Yoga During Pregnancy

\$20

July 11th; 1 - 3 p.m.

Infant Massage

\$70

July 25th; 10 a.m. - 2 p.m.

Carseats; Is Your Baby Safe?

\$40



Polaris Fashion Place
1500 Polaris Parkway, Columbus, OH
614.846.6719

Class Descriptions

Mommy & Me Fitness: 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.

Mama and Baby Yoga: This postpartum class enables the new mother to share her yoga practice with her baby (ages six weeks through crawling). Please bring a blanket for your baby and a few small toys.

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.

Yoga During Pregnancy: During this restorative yoga class you will have the opportunity to experience long slow stretching, relaxation and deep breathing.

Infant Massage: Take advantage of the opportunity to learn newborn and infant massage before your little one arrives.

Breastfeeding 101: Learn from Lactation Consultants, the Why-to, and How-to techniques for successful breastfeeding.

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.

Postpartum Pearls: Join a certified nurse midwife in an educational offering that discusses what to expect immediately after your baby is born, as well as during the coming year.

Big Sibs Class: Designed for children age 3-8. Bring your favorite doll or stuffed animal to cuddle as we share a storybook and talk about what it will be like to have a new baby in the house.

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.

Midwives Tips & Tools: This is an interactive program given by a certified nurse midwife, to provide pregnant women and their birth-partner(s) with the tools necessary to navigate a low-intervention birth.

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.

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

Being a Grandparent: Been there, done that, but things change with time! This two hour session is a great refresher for grandparents, reviewing the latest information of caring for your grandchild, including SIDS awareness and infant CPR techniques. \$10 for 1 grandparent or \$15 for both

Baby Wearing: Slings? Wraps? Pouches? Do all these leave you feeling tied in a knot? Come learn about the benefits of baby wearing and find out which carrier may be right for you.



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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