

destination maternity™

Schedule of Events

March 2011

“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 (614) 4-HEALTH (443-2584) or go to www.birthofamom.com.

Pre -Registration is required for all classes

Mondays:

11:30 a.m. - 12:30 p.m.	Fitness 4 Mommy & Me	\$40/4 week pass
-------------------------	----------------------	------------------

Tuesdays:

Mar. 1 st ; 6 - 8 p.m.	Baby Care Basics	\$35
Mar. 15 th ; 6 - 8 p.m.	Baby Care Basics	\$35

Thursdays*:

5:30 - 6:30 p.m.	Prenatal Yoga	\$80/6 week pass
------------------	---------------	------------------

Saturdays:

Mar. 12 th ; 10 a.m. - 4 p.m.	What to Expect When Expecting Multiples	\$60/couple
Mar. 19 th ; 10 a.m. - 6 p.m.	Childbirth Education - 1 day Workshop	\$85/couple
Mar. 26 th ; 10 a.m. - 12:30 p.m.	Breastfeeding 101	\$35

To register for classes call (614) 4-HEALTH (443-2584) or go to



www.birthofamom.com.

Destination Maternity has partnered with OhioHealth to offer classes and lectures at its Columbus location

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 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 Care 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 to Expect When Expecting Twins: You will learn about pregnancy, birth and the first year of life from the mother of twins. Specifics about pre-maturity, cesarean sections, breastfeeding and more will be discussed.

Childbirth Education - 1 Day Workshop: An abbreviated all-day childbirth class giving basic information of the birth experience focusing on the contraction techniques and comfort measures for the expectant mother. A maternity tour is NOT included in this workshop.

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

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



*Destination Maternity has partnered with OhioHealth
to offer classes and lectures at its Columbus location*

Polaris Fashion Place
1500 Polaris Parkway, Columbus, OH
614.846.6719