

# destination maternity™

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

## Schedule of Event

November 2009

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.  
Nov. 3<sup>rd</sup>; 6 - 8 p.m.  
Nov. 10<sup>th</sup>; 6 - 8:30 p.m.  
Nov. 17<sup>th</sup>; 10:30 to 11:30 a.m.

Prenatal Yoga  
Baby Basics  
Breastfeeding 101  
Big Sibs Class

\$80/6 week pass  
\$35  
\$35  
\$15

### Wednesdays:

Nov. 4<sup>th</sup>; 6:30-8:30 p.m.  
Nov. 11<sup>th</sup>; 10:30-11:30 p.m.  
Nov. 18<sup>th</sup>; 6:30 - 8:30 p.m.

Midwives Tips and Tools for Labor  
Being a Grandparent  
Expedite Your Labor

\$35  
\$10 single/\$15 couple  
\$35

### Thursdays:

5:30 - 6:30 p.m.

Prenatal Yoga

\$80/6 week pass

### Fridays:

Nov. 5<sup>th</sup>; 6 - 8:30 p.m.  
Nov. 13<sup>th</sup>; 6 - 8:30 p.m.

Pregnancy 101  
What is a Doula?

\$35  
\$FREE

### Saturdays:

Nov. 7<sup>th</sup>; 1 - 3 p.m.  
Nov. 14<sup>th</sup>; 10 a.m. - 12 p.m.  
Nov. 21<sup>st</sup>; 10 a.m. - 4 p.m.

Infant Massage  
Prenatal Massage for you  
And Your Partner  
What to Expect When Expecting Twins

\$70  
\$45/couple  
\$60

### Sunday:

Nov. 22<sup>nd</sup>; 6 - 8:30 p.m.

Breastfeeding Basics

\$35



Polaris Fashion Place  
1500 Polaris Parkway, Columbus, OH  
614.846.6719

**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.

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

**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.

**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.

**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.

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

**Prenatal Massage for You and Your Partner:** Bring your partner to learn how to give and receive massage for relaxation and pain relief.

**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

**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.

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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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