

destination maternity™

Schedule of Events

February 2010

Registration is available at Destination Maternity by using the Parent Education Phone at the Juice Bar, by calling Scottsdale Healthcare at 480-882-4636 or visiting www.shc.org, unless otherwise noted.

Tuesday:

February 9th
10:30am-11:30am

Musicology (free)

Learn how your loving attention can wire baby's brain for learning. Register for this workshop by calling 480-596-4020

Thursday:

February 4, 11, 18, 25
10:30am-11:30am

Sing, Sign, and Play \$60 4-Week Session

Learn to use American Sign Language with your baby!
Register by calling The Sign Language Academy at 480-678-7624

February 18th
6:00pm-7:00pm

Becoming a Parent & Building Financial Freedom (free)

Seminar hosted by a Metlife Representative
Register by calling 480-638-2158

Saturday:

February 6th
10:30am-11:30am

Musicology (free)

Learn how your loving attention can wire baby's brain for learning. Register for this workshop by calling 480-596-4020

February 6th
1:00pm-2:00pm

Nurture You and Your Baby Through Prenatal Yoga (free)



SCOTTSDALE
HEALTHCARE®

Chauncey Ranch
18560 North Scottsdale Rd, Phoenix, AZ
480.563.3437

To register, call 480-882-4636 or visit www.shc.org, unless otherwise noted.

Sing, Sign and Play (\$60 for 4-Week Session)

Have you ever wondered what your baby is thinking? Do you get frustrated when your infant cries and can't tell you why? Learn how to communicate with your child before he/she can actually speak. Let us show you how sign language can open an exciting new world between you and your young child. Classes are offered through The Sign Language Academy.

Parent Infant Massage (\$35)

Taught by a licensed massage therapist, this class is for parents and babies 1-12 months old. Parents will learn how to comfort the baby, massage strokes that promote parasympathetic nervous system functioning and how to relieve gas and the symptoms of colic. Participation benefits include helping the baby sleep better, contribute to development, improve communication and deepens bonding experience.

Nurture You and Your Baby Through Prenatal Yoga (free)

Learn how to alleviate pregnancy-related discomforts by practicing gentle, modified yoga poses and breathing exercises. Scottsdale's Zenergy Yoga will teach you yoga poses and breathing exercises to help you relax and unwind during your pregnancy. Learn strategies to stay fit, flexible and comfortable during this special time in your life. Appropriate for all stages of pregnancy. FREE!

Musicology (free)

Your newborn has arrived,,,now what? The brain of a newborn infant begins wiring up from the moment of birth and babies respond to and reflect the attention of their caregivers and their environment. Research shows that music in the form of song, rhythm, movement and play help maximize your baby's potential. Learn which fun, sensory enhancing activities are best to help with your baby's development. Best of all, discover how these activities facilitate a loving bond with your baby!



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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