

destination maternity™

Schedule of Events

June 2009

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.

Monday:

No Classes

Tuesday:

June 2, 9, 16, 23, July 14, 21

10:30am-11:30am

Birthdancing \$12 for introductory class!

Holistic, bellydance-inspired maternal fitness program

6-Week sessions \$87, 12-Week sessions \$144

Zohar Birthdancing—Register by calling 602-765-7100 or

laura@birthdancing.com

June 9th

6:00pm – 8:00pm

Sign With Your Baby \$65

Wednesday:

June 10th

10:30am – 11:30am

Soothing Your Crying Baby \$25

Class is led by Child Development Specialist, Julie Waslo

Register by calling Julie @ 602-448-3167

June 17th

10:30am – 11:30am

Baby Activities \$25

Class is led by Child Development Specialist, Julie Waslo

Register by calling Julie @ 602-448-3167

June 24

10:30am – 11:30am

Sleeping Issues \$25

Class is led by Child Development Specialist, Julie Waslo

Register by calling Julie @ 602-448-3167

Thursday:

No Classes

Friday:

No Classes

Saturday:

June 6th

1:00pm-2:00pm

Nurture You and Your Baby Through Prenatal Yoga (free)

June 27th

10:00am-12:00pm

Sign With Your Baby \$65



SCOTTSDALE
HEALTHCARE®

Chauncey Ranch
18560 North Scottsdale Rd, Phoenix, AZ
480.563.3437

Sign With Your Baby (\$65)

The Sign with Your Baby workshop will teach the benefits of using infant and toddler sign language and the "How To" in a fun easy way. Sprouting New Beginnings will provide you with the best infant and toddler signing solution available today using American Sign Language. During this 2-hour session, you will learn the successful first steps and approximately 20 signs to bridge the gap between you and your infant or toddler.

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!

Soothing Your Crying Baby (\$25)

Meet with other moms and babies to talk about what you can do when you begin to feel overwhelmed. Explore reasons for crying and ways of comforting baby. Class is led by Child Development Specialist, Julie Waslo.

Baby Activities (\$25)

Meet with other moms and babies to discuss activities you can do with your baby to help facilitate all areas of development (cognitive, language, gross motor, fine motor, self help, and social). Class is led by Child Development Specialist, Julie Waslo.

Sleeping Issues (\$25)

Is your baby having a hard time falling asleep and staying asleep? Would you like your baby to sleep through the night? Does your baby nap enough during the day? Meet with other moms and babies to discuss issues related to your baby and sleep. Learn tips and techniques to help everyone get a good night's rest. Class is led by Child Development Specialist, Julie Waslo.

Feeding Issues (\$25)

Learn about introducing solid foods to your baby, breastfeeding, and formula-feeding. Class will be tailored to needs of the parents in class. Class is led by Child Development Specialist, Julie Waslo.

Birthdancing (\$87 for 6-Week series)

Birthdancing is a holistic, bellydance-inspired maternal fitness program targeting pre/postnatal women. It is a safe, fun and effective way to have a healthier pregnancy, an easier birth and a quicker recovery. You are welcome to join at any time in your pregnancy. Class is led by Zohar Birthdancing.



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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