

destination maternity™

Schedule of Events

March 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.

March 24th
6:00pm-7:00pm

Becoming a Parent & Building Financial Freedom (free) Seminar hosted by a Metlife Representative
Register by calling 480-638-2158

Thursday:
March 4th
6:00pm-7:00pm

Healthy Pregnancy (free)
Class is led by Dr. Sarah Sanderson, Chiropractic Physician. Register by calling 480-245-8999

March 11th
6:00pm-7:00pm

Healthy Pregnancy (free)
Class is led by Dr. Sarah Sanderson, Chiropractic Physician. Register by calling 480-245-8999

March 18th & 25th
5:30pm-6:30pm

Parent Infant Massage Part 1 & 2 \$35

Saturday:
March 6th
4:30pm-5:30pm

Nurture You and Your Baby Through Prenatal Yoga (free)

March 20th
10:30am-11:30am

Introductory Birthdancing Class (free)
Zohar Birthdancing—Register by calling 602-765-7100 or laura@zoharbirthdancing.com



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.

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!

Healthy Pregnancy (free)

During pregnancy, your body goes through many changes and many women find it challenging to maintain a pre-pregnancy lifestyle. Learn easy ways to help accommodate to the changes that occur during pregnancy. Class is led by Dr. Sarah Sanderson, Chiropractic Physician.

Birthdancing (\$15 per class for a 6-Week session and \$12 per class for a 12-Week session)

Birthdancing is a holistic program for maternal fitness and wellbeing. Encourages a healthy pregnancy, a skillful labor and a quick recovery. Join at any phase of your pregnancy. Classes are led by Licensed Dancing Thru Pregnancy instructor, Laura LeRoy.



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