

destination maternity™

Schedule of Events November 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:

November 2nd

1:00pm-2:00pm

Baby Activities \$25

Class is led by Child Development Specialist, Julie Waslo
Register by calling Julie @ 602-448-3167

November 16th

1:00pm-2:00pm

Soothing Your Crying Baby \$25

Class is led by Child Development Specialist, Julie Waslo
Register by calling Julie @ 602-448-3167

Tuesday:

November 3, 10, 17, 24, Dec. 1, 8

10:30am-11:30am

Birthdancing for Maternal Fitness & Wellbeing

\$10 for introductory class, free gift with enrollment!

6-Week sessions \$90 12-Week sessions \$144

Zohar Birthdancing—Register by calling 602-765-7100
or laura@zoharbirthdancing.com

November 10th

6:00pm – 8:00pm

Sign With Your Baby \$65

Saturday:

November 7th

10:30am-11:30am

Introductory Birthdancing Class (free)

Zohar Birthdancing—Register by calling 602-765-7100
or laura@zoharbirthdancing.com

November 7th

(free)

1:00pm-2:00pm

Nurture You and Your Baby Through Prenatal Yoga

November 14th

1:00pm-2:00pm

Preparing Pets for Baby (free)

November 21st

10am-12pm

Sign With Your Baby \$65



SCOTTSDALE
HEALTHCARE®

Chauncey Ranch
18560 North Scottsdale Rd, Phoenix, AZ
480.563.3437

Class Descriptions

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

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!

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.

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.

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.



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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