

WSNM 2018 Class Schedule

Prepared Childbirth & Breastfeeding Classes



CHILDBIRTH CLASSES: 2018
5 week classes include Baby Basics
 All Childbirth Classes include a Hospital Tour
 Cost: \$80 per couple

<i>Day</i>	<i>Time</i>	<i>Date</i>	<i>Location</i>
Monday	7:00p – 9:00p	January 8 – February 5	Downtown
	7:00p – 9:00p	February 26 - March 26	Downtown
	7:00p – 9:00p	April 16 – May 14	Downtown
	7:00p – 9:00p	June 4 – July 2	Downtown
	7:00p – 9:00p	July 16 – August 13	Downtown
	7:00p – 9:00p	September 10 – October 8	Downtown
	7:00p – 9:00p	October 22 – November 19	Downtown
	7:00p – 9:00p	November 26 - December 17*	Downtown
Wednesday	7:00p – 9:00p	February 7 – March 7	Downtown
	7:00p – 9:00p	April 4 – May 2	Downtown
	7:00p – 9:00p	May 30 – June 27	Downtown
	7:00p – 9:00p	August 1 – August 29	Downtown
	7:00p – 9:00p	September 26 – October 24	Downtown
	7:00p – 9:00p	November 28 – December 19*	Downtown
Saturday	9:00a – 4:30p	January 6	Downtown
	9:00a – 4:30p	January 13	Downtown
	9:00a – 4:30p	February 3	Downtown
	9:00a – 4:30p	February 10	Downtown
	9:00a – 4:30p	March 3	Downtown
	9:00a – 4:30p	March 10	Downtown
	9:00a – 4:30p	April 7	Downtown
	9:00a – 4:30p	April 14	Downtown
	9:00a – 4:30p	May 5	Downtown
	9:00a – 4:30p	May 12	Downtown
	9:00a – 4:30p	June 2	Downtown
	9:00a – 4:30p	June 9	Downtown
	9:00a – 4:30p	July 7	Downtown
	9:00a – 4:30p	July 14	Downtown
	9:00a – 4:30p	August 4	Downtown
	9:00a – 4:30p	August 11	Downtown
	9:00a – 4:30p	September 1	Downtown
	9:00a – 4:30p	September 8	Downtown
	9:00a – 4:30p	October 6	Downtown
	9:00a – 4:30p	October 13	Downtown
	9:00a – 4:30p	November 3	Downtown
	9:00a – 4:30p	November 10	Downtown
	9:00a – 4:30p	December 1	Downtown
	9:00a – 4:30p	December 8	Downtown

BREASTFEEDING CLASSES 2018- The 4th Saturday of the month at Noon

Cost \$25 per couple

Noon – 3:00p	January 27	Downtown
Noon – 3:00p	February 24	Downtown
Noon – 3:00p	March 24	Downtown
Noon – 3:00p	April 28	Downtown
Noon – 3:00p	May 19*	Downtown
Noon – 3:00p	June 23	Downtown

Noon – 3:00p	July 28	Downtown
Noon – 3:00p	August 25	Downtown
Noon – 3:00p	September 22	Downtown
Noon – 3:00p	October 27	Downtown
Noon – 3:00p	November 24	Downtown
Noon – 3:00p	December 15*	Downtown

Wednesday evening Breastfeeding Class- 6:00 to 9:00pm

January 17	July 11
March 14	September 5
May 9	November 7

Prenatal Yoga- 6:30 to 7:45pm

Thursday evenings in our Downtown Office \$10 a class

New Dogs and Storks:**

Cost: \$25

Learn how to prepare your dog for life with a baby in the house

Saturday, January 20- 9:00-11:00am

Tuesday, April 17- 7:00-9:00pm

Saturday, July 21- 9:00-11:00am

Tuesday, October 16- 7:00-9:00pm

All classes are held in our Downtown Office: 1001 Coal Ave. SE 87106

For more information and to schedule a class call: Kathleen Briley, Childbirth Coordinator
@ (505) 843-6168 **Extension 3024** or **Email- kbriley@wsnm.org**

Register on our website: WSNM.org: under Wellness and Education: click- Childbirth Class

Class times and dates are subject to change

For our Patients Delivering at Lovelace Women's Hospital:

Tour of Lovelace Women's Hospital- The 4th Saturday of the month at 9:00am

Please call or email Kathleen Briley to reserve a spot.

January 27	April 28	July 28	October 27
February 24	May 19*	August 25	November 24
March 24	June 23	September 22	December 15*

Meet the Midwives of WSNM

Lovelace Women's Hospital - Auditorium A
6:00 to 7:30pm

Wednesday January 24

Tuesday, April 10

Thursday, July 26

Monday, October 22