

# WSNM 2019 Class Schedule

## Prepared Childbirth & Breastfeeding Classes



**CHILDBIRTH CLASSES: 2019**  
**5 week classes include Baby Basics**  
 All Childbirth Classes include a Hospital Tour  
 Cost: \$80 per couple

<b>Day</b>	<b>Time</b>	<b>Date</b>	<b>Location</b>
Monday	7:00p – 9:00p	January 7 – February 4	Downtown
	7:00p – 9:00p	February 25 - March 25	Downtown
	7:00p – 9:00p	April 15 – May 13	Downtown
	7:00p – 9:00p	June 3 – July 1	Downtown
	7:00p – 9:00p	July 22 – August 19	Downtown
	7:00p – 9:00p	September 9 – October 7	Downtown
	7:00p – 9:00p	October 21 – November 18	Downtown
	7:00p – 9:00p	December 2 - December 30	Downtown
Wednesday	7:00p – 9:00p	January 23 – February 20	Downtown
	7:00p – 9:00p	March 6 – April 3	Downtown
	7:00p – 9:00p	April 24 – May 22	Downtown
	7:00p – 9:00p	June 12 – July 10	Downtown
	7:00p – 9:00p	July 24 – August 21	Downtown
	7:00p – 9:00p	September 4 – October 2	Downtown
	7:00p – 9:00p	October 16 – November 13	Downtown
Saturday	9:00a – 4:30p	January 5	Downtown
	9:00a – 4:30p	January 12	Downtown
	9:00a – 4:30p	February 2	Downtown
	9:00a – 4:30p	February 9	Downtown
	9:00a – 4:30p	March 2	Downtown
	9:00a – 4:30p	March 9	Downtown
	9:00a – 4:30p	April 6	Downtown
	9:00a – 4:30p	April 13	Downtown
	9:00a – 4:30p	May 4	Downtown
	9:00a – 4:30p	May 11	Downtown
	9:00a – 4:30p	June 1	Downtown
	9:00a – 4:30p	June 8	Downtown
	9:00a – 4:30p	July 6	Downtown
	9:00a – 4:30p	July 13	Downtown
	9:00a – 4:30p	August 3	Downtown
	9:00a – 4:30p	August 10	Downtown
	9:00a – 4:30p	September 7	Downtown
	9:00a – 4:30p	September 14	Downtown
	9:00a – 4:30p	October 5	Downtown
	9:00a – 4:30p	October 12	Downtown
	9:00a – 4:30p	November 2	Downtown
	9:00a – 4:30p	November 9	Downtown
	9:00a – 4:30p	December 7	Downtown
	9:00a – 4:30p	December 14	Downtown

## **BREASTFEEDING CLASSES 2019- The 4th Saturday of the month at Noon**

Cost \$25 per couple

Noon – 3:00p	January 26	Downtown
Noon – 3:00p	February 23	Downtown
Noon – 3:00p	March 23	Downtown
Noon – 3:00p	April 27	Downtown
Noon – 3:00p	May 18*	Downtown
Noon – 3:00p	June 22	Downtown

Noon – 3:00p	July 27	Downtown
Noon – 3:00p	August 24	Downtown
Noon – 3:00p	September 28	Downtown
Noon – 3:00p	October 26	Downtown
Noon – 3:00p	November 23	Downtown
Noon – 3:00p	December 21*	Downtown

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

January 2	April 10	July 17	October 9
February 27	May 29	August 28	December 11

### **Prenatal Yoga- 6:30 to 7:45pm**

Thursday evenings in our Downtown Office \$10 a class

\*\*New Classes in 2019!\*\*

#### **New Moms Group:**

**Monday mornings starting January 7 from 10:00am- noon**

Come meet other moms and get support and encouragement. Bring your baby!

#### **Refresher Birth Class:** (No hospital tour)

Expecting again? Come to this class to get "refreshed" on the birth process.

Cost \$40

Saturday, March 16- 1:00pm-3:00pm

Saturday, June 15- 1:00pm-3:00pm

Saturday, September 21- 1:00pm-3:00pm

Saturday, November 16- 1:00pm-3:00pm

#### **Infant Massage Class**

Saturday 9:30-11:00am

Cost: \$30

\*Very limited class size. Baby should be between 2 weeks old & 6 months old.

January 19	April 20	July 27	October 26
February 23	May 18	August 24	November 23
March 23	June 29	September 28	December 21

#### **Dogs and Storks:**

Cost: \$25

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

Tuesday, January 22- 7:00-9:00pm

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

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

Saturday, October 19- 9:00-11:00am

#### **New\*\*Dogs and Toddlers:**

Cost:\$25

Learn strategies to help now that your baby is on the move.

Saturday, February 16- 9:00-11:00am

Saturday, November 16- 9:00- 11:00am

All classes are held in our Downtown Office: 1001 Coal 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](mailto:kbriley@wsnm.org)**  
**Register on our website: [WSNM.org](http://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 26	April 27	July 27	October 26
February 23	May 18*	August 24	November 23
March 23	June 22	September 28	December 21*

**Meet the Midwives of WSNM**

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

Wednesday January 9  
Tuesday, April 23  
Tuesday, July 23  
Tuesday, October 22