

Free Prenatal Classes



Becoming a Mom - 2017 Group Schedule

April 18th	Tues.	4pm-6pm	Session 1
May 2nd	Tues.	4pm-6pm	Session 2
May 9th	Tues.	4pm-6pm	<u>Session 3</u>
May 16th	Tues.	4pm-6pm	Session 4
May 23rd	Tues.	4pm-6pm	Session 5
May 25th	Thurs.	4pm-6pm	Session 6

All Classes, **EXCEPT CLASS 3**, will be held at the Clay County Health Department located at 820 Spellman Circle, Clay Center, Kansas.

Class 3 will be held at Clay County Medical Center located at 617 Liberty Street, Clay Center Kansas. Enter the North Side of building and classes will be held in Conference Room A, above the Wellness Center.

Session 1 – Prenatal Care: What to Expect from Your Prenatal Care / Common Discomforts in Pregnancy
Session 2 – Pregnancy Health: Learn How Stress, Certain Foods, & Many Other Things Can Affect Your Pregnancy
Session 3 – Signs and Symptoms of Preterm Labor / Labor and Delivery / Why Last Weeks of Pregnancy Matter
Session 4 – Infant Feeding / Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the Experienced Breastfeeding Mom
Session 5 – Infant Care / *Happiest Baby on the Block* / *Period of Purple Crying* / SIDS Risk Reduction/Safe Car Seat Installation
Session 6 – Postpartum Recovery / Interconception Health: Regaining Health Between Pregnancies