

# GREAT EXPECTATIONS

Fall 2006

ARMC's Maternal-Child Classes are for expectant parents and their families. Pre-registration is required for all programs. Fees must be paid in advance to ensure class registration. Financial assistance available. (Please see other side for fees.)



**\*SPECIAL DELIVERY:** 4-week series of classes. Covers labor and birth, post-partum and newborn care. (6:30 – 9:00 PM)

Mondays: September 6\* - 25

Tuesdays: September 5 – 26

(\* Wed. due to holiday)

October 2 - 23

October 3 - 24

November 6 - 27

November 7 - 28

December 4 – 26\*

December 4 - 26

(\* Tues. due to holiday)

**\*SPECIAL DELIVERY Saturdays:** For expectant parents who cannot attend the 4-week evening class series. Covers childbirth preparation, post-partum, and newborn care. Classes are fast-paced. (9:00 AM – 4:00 PM)

September 9 & 16

November 4 & 11

**\* NEW! SPECIAL DELIVERY EXTRA:** For expectant parents who desire more practice time with breathing, relaxation, massage and other comfort measures for labor and birth. Offered as an addition to Special Delivery series. Monthly. 6:30 – 9:00 PM. Free with Special Delivery registration.

September 27

October 25

November 29

December 20

**\* NEW! Taking Baby Home – The First Three Months:** Caring for yourself and your growing baby in the first three months of life. Monthly. 6:30 – 9:00 PM. Free with Special Delivery registration.

September 28

October 26

November 29

December 20

**\*INFANT SAFETY AND CPR:** Covers basic safety and injury prevention for infants (birth to one year). Includes CPR and conscious & unconscious choking. (6:00-9:00 PM)

Wednesdays: September 13

October 11

November 8

December 13

**(OVER)**

**\*BREASTFEEDING: A BOND OF LOVE:** Covers benefits of breastfeeding, preparing to breastfeed, and troubleshooting. *Fathers are encouraged and are most welcome to attend.* (6:30 – 9:00 PM)

Wednesdays:    September 27                      October 25  
    November 15                      December 27

**BREASTFEEDING & HAVING A LIFE!:** Covers planning, pumping and more for mothers who plan to continue to breastfeed and return to work or school – or just get away for a few hours! *Fathers are encouraged and are most welcome to attend* (6:30–9:00 PM)

Thursdays:            October 5                                      December 7

**\*BIG KIDS AND BABIES:** For 3–8 year old children expecting a sibling. Children must be accompanied by an adult. (6:30 - 7:30 PM)

Wednesdays:    September 20                      November 15

**\*PRENATAL YOGA:** Helps decrease pregnancy discomforts; increase energy; strengthen muscles; and increase focus during labor and delivery. Thursdays, 6:00 – 7:30 PM. To pre-register, call ARMC’s Mind-Body Institute @ (706) 475-7330.

CLASS FEES					
Class	Fee	Class	Fee	Class	Fee
Special Delivery – 4 week series	\$50.	Special Delivery - Saturdays	\$50.	Infant Safety & CPR	\$15/each \$25/couple
Special Delivery EXTRA – *free with Special Delivery class	*	Taking Baby Home -*free with Special Delivery class	*	Prenatal Yoga	\$10/wk
Big Kids & Babies	\$10.	Breastfeeding: A Bond of Love	\$10.	Breastfeeding & Having a Life!	\$10.
★ <b>Financial Assistance</b> available for all classes except Prenatal Yoga.					

**Great Expectations Package:** \$75.00/couple  
 (includes Special Delivery, Special Delivery EXTRA, Taking Baby Home,  
 Infant Safety & CPR & Breastfeeding classes)

**For more information & to register, call ARMC Health Education at (706) 475-5620**

