



GREAT EXPECTATIONS

Winter 2008

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.



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

Mondays: January 7 – 28

February 4 - 25

March 3 - 24

April 7 - 28

Tuesdays: January 8 - 29

February 5 - 26

March 4 - 25

April 8 - 29

***Infant & Child CPR:** American Heart Association *Friends & Family* course. Covers CPR and conscious and unconscious choking for infants and children up to age eight. (Note: This course does not offer certification) 6:30 – 9:00 PM

Wednesdays: January 9

March 6

February 6

April 9

***BREASTFEEDING: A BOND OF LOVE:** Covers benefits of breastfeeding, preparing to breastfeed, troubleshooting, pumps/pumping, and community resources. Fathers are most welcome and are encouraged to attend.

(6:30 – 9:00 PM)

Wednesdays: January 16

March 12

February 13

April 16

***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: January 3

March 6

CLASS FEES					
Class	Fee	Class	Fee	Class	Fee
Special Delivery – 4 week series – Saturday series	\$50	Infant & Child CPR	\$15/each \$25/couple	Breastfeeding: A Bond of Love	\$10
		Big Kids & Babies	\$10		
★ Financial Assistance available for all classes - please ask.					

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