



2011 Parent Education Classes

To register, or for more information, please call (970) 669 - WELL (9355)

Childbirth With Confidence

Monday Night Classes

Classes are from 7 p.m.-9 p.m., \$65/couple

Feb. 7 – March 7

March 28 – April 25

May 16 – June 20 (no class on Memorial Day)

July 11 – Aug. 8

Aug. 29 – Oct. 3 (no class on Labor Day)

Oct. 24 – Nov. 28 (no class on Halloween)

Dec. 19 – Jan. 16

Childbirth With Confidence

Wednesday Night Classes

Classes are from 6 p.m.-9 p.m., \$65/couple

Jan. 19 – Feb. 2

Feb. 23 – March 9

March 30 – April 13

May 4 – May 18

June 8 – June 22

July 20 – Aug. 3

Aug. 24 – Sept. 7

Sept. 28 – Oct. 12

Nov. 2 – Nov. 16

Dec. 7 – Dec. 21

Childbirth with Confidence

Saturday All Day Classes

Classes are from 9 a.m.-4 p.m., \$65/couple

Jan. 15 July 16

Feb. 19 Aug. 20

March 12 Sept. 17

April 16 Oct. 15

May 21 Nov. 12

June 18 Dec. 17

Childbirth With Confidence - Spanish Class

All classes are from 1 p.m.-3 p.m.

Call Marian or Myrna at 667-6241 for cost and information

Feb. 17 Aug. 18

April 14 Oct. 20

June 16 Dec. 15

Breast-Feeding Classes

Wednesday Evening Classes

Classes are from 6:30 p.m.-9 p.m., \$20/couple

Jan. 5 April 20 Sept. 14

Feb. 9 June 1 Oct. 19

March 16 July 13 Nov. 16

Breast-Feeding Support Group

Mondays, Wednesdays and Fridays (except holidays)

Group meets 10 a.m.-11 a.m., FREE

Sibling Preparation Classes

Saturday Classes

Classes are from 9 a.m.-10:30 a.m., \$15/family

Jan. 29 May 14 Sept. 24

March 26 July 30 Nov. 12

Infant Care Classes

\$25/couple

Tuesday Night Classes from 5:30 p.m.-9 p.m.

March 15

July 19

Nov. 1

Saturday Classes from 9 a.m.-12:30 p.m.

Jan. 22

May 21

Sept. 10



Banner Health

McKee Medical Center