

SATURDAY PRENATAL CLASSES

Topics: All About Labour & Tour, Labour Comfort Techniques, The Early Days & Breastfeeding

Facilitated at NRGH & Nanaimo Health Centre between 9:00 am – 3:30 pm

Please meet in the **MAIN LOBBY** at **Nanaimo Regional General Hospital**
Classes will begin at NRGH and finish at the Health Centre.

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| May 26 | 9:00 am – 3:30 pm – NRGH – meet in main lobby |
| June 23 | 9:00 am – 3:30 pm – NRGH – meet in main lobby |
| July 21 | 9:00 am – 3:30 pm – NRGH – meet in main lobby |
| Aug 18 | 9:00 am – 3:30 pm – NRGH – meet in main lobby |

HOSPITAL TOUR – Call 755-3308 to Register

Monday, May 14
Monday, June 11
Monday, July 16
Monday, August 20

6:30 pm at Nanaimo Regional General Hospital
Please meet in the **hospital lobby**.

GENERAL INFORMATION

- It is recommended that you take **all** three classes in the prenatal series for your first baby.
- Please bring the person who will be **supporting you in labour** to the class.
- If you're unable to attend a booked class, please contact us to cancel.

'*Baby's Best Chance*' is available free of charge at the Health Centre.

Please bring this book to your classes.



BABY'S BEST CHANCE Prenatal Classes

May – September 2012

Nanaimo Health Centre
1665 Grant Avenue



REGISTRATION IS NECESSARY FOR ALL CLASSES

Register early in your pregnancy, classes fill up quickly.



To register, phone (250) 755-3308

**We recommend that you complete your classes
4 – 6 WEEKS before your due date.**

**All classes are FREE and taught by
Registered Nurses and Registered Dieticians.**

NEW BEGINNINGS
Healthy Pregnancy, Healthy Baby

Recommended for first time parents. Please register for this class **as soon as** you know you are pregnant.

Nutrition and Fetal Development.

Mon. May 14

Mon. July 23

7:00 pm – 8:30 pm 1665 Grant Avenue, Nanaimo



TUESDAY SERIES:

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| Apr 24 <i>May 1</i> May 8 | Breastfeeding & Early days <i>All About Labour & Tour</i> Labour Comfort Techniques & Newborn | 7:00 pm – Health Unit <i>6:30 pm – NRGH Main Lobby</i> 7:00 pm – Health Unit |
| May 15 <i>May 22</i> May 29 | Breastfeeding & Early days <i>All About Labour & Tour</i> Labour Comfort Techniques & Newborn | 7:00 pm – Health Unit <i>6:30 pm – NRGH Main Lobby</i> 7:00 pm – Health Unit |
| June 5 <i>June 12</i> June 19 | Breastfeeding & Early days <i>All About Labour & Tour</i> Labour Comfort Techniques & Newborn | 7:00 pm – Health unit <i>6:30 pm – NRGH Main Lobby</i> 7:00 pm – Health Unit |
| June 26 <i>July 3</i> July 10 | Breastfeeding & Early days <i>All About Labour & Tour</i> Labour Comfort Techniques & Newborn | 7:00 pm – Health unit <i>6:30 pm – NRGH Main Lobby</i> 7:00 pm – Health Unit |
| July 17 <i>July 24</i> July 31 | Breastfeeding & Early days <i>All About Labour & Tour</i> Labour Comfort Techniques & Newborn | 7:00 pm – Health unit <i>6:30 pm – NRGH Main Lobby</i> 7:00 pm – Health Unit |
| Aug 7 <i>Aug 14</i> Aug 21 | Breastfeeding & Early days <i>All About Labour & Tour</i> Labour Comfort Techniques & Newborn | 7:00 pm – Health unit <i>6:30 pm – NRGH Main Lobby</i> 7:00 pm – Health Unit |
| Aug 28 <i>Sept 4</i> Sept 11 | Breastfeeding & Early days <i>All About Labour & Tour</i> Labour Comfort Techniques & Newborn | 7:00 pm – Health unit <i>6:30 pm – NRGH Main Lobby</i> 7:00 pm – Health Unit |

WEDNESDAY SERIES:

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| May 9 <i>May 16</i> May 23 | Breastfeeding & Early days <i>All About Labour & Tour</i> Labour Comfort Techniques & Newborn | 7:00 pm – Health Unit <i>6:30 pm – NRGH Main Lobby</i> 7:00 pm – Health Unit |
| May 30 <i>June 6</i> June 13 | Breastfeeding & Early days <i>All About Labour & Tour</i> Labour Comfort Techniques & Newborn | 7:00 pm – Health Unit <i>6:30 pm – NRGH Main Lobby</i> 7:00 pm – Health Unit |
| June 20 <i>June 27</i> July 4 | Breastfeeding & Early days <i>All About Labour & Tour</i> Labour Comfort Techniques & Newborn | 7:00 pm – Health Unit <i>6:30 pm – NRGH Main Lobby</i> 7:00 pm – Health Unit |
| July 11 <i>July 18</i> July 25 | Breastfeeding & Early days <i>All About Labour & Tour</i> Labour Comfort Techniques & Newborn | 7:00 pm – Health Unit <i>6:30 pm – NRGH Main Lobby</i> 7:00 pm – Health Unit |
| Aug 1 <i>Aug 8</i> Aug 15 | Breastfeeding & Early days <i>All About Labour & Tour</i> Labour Comfort Techniques & Newborn | 7:00 pm – Health Unit <i>6:30 pm – NRGH Main Lobby</i> 7:00 pm – Health Unit |
| Aug 22 <i>Aug 29</i> Sept 5 | Breastfeeding & Early days <i>All About Labour & Tour</i> Labour Comfort Techniques & Newborn | 7:00 pm – Health unit <i>6:30 pm – NRGH Main Lobby</i> 7:00 pm – Health Unit |

All About Labour and Tour is offered at NRGH. Please meet in the main lobby.

Please turn page for additional classes →