

SATURDAY PRENATAL CLASSES

Topics: All About Labour & Hospital Tour, Comfort Techniques and Post Partum & Breast Feeding

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.

January 14	9:00 am – 3:30 pm – NRGH – meet in main lobby
February 11	9:00 am – 3:30 pm – NRGH – meet in main lobby
March 24	9:00 am – 3:30 pm – NRGH – meet in main lobby
April 14	9:00 am – 3:30 pm – NRGH – meet in mail lobby

HOSPITAL TOUR – Call 755-3308 to Register

Monday, January 9
Monday, February 6
Monday, March 5
Monday, April 16

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

January – April 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 Dietitians.**

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. January 16
Mon. March 12

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



WEDNESDAY SERIES:

The following are series of evening classes (see the back for Saturdays) that should be completed 4 – 6 weeks before your due date.

TUESDAY SERIES:

Jan 10 Jan 17 Jan 24	Breast Feeding All About Labour & Tour Comfort Techniques & Post Partum	7:00 pm – Health Unit 6:30 pm – NRGH Rm G245 7:00 pm – Health Unit
Jan 31 Feb 7 Feb 14	Breast Feeding All About Labour & Tour Comfort Techniques & Post Partum	7:00 pm – Health Unit 6:30 pm – NRGH Rm G245 7:00 pm – Health Unit
Feb 21 Feb 28 Mar 6	Breast Feeding All About Labour & Tour Comfort Techniques & Post Partum	7:00 pm – Health unit 6:30 pm – NRGH Rm G245 7:00 pm – Health Unit
Mar 13 Mar 20 Mar 27	Breast Feeding All About Labour & Tour Comfort Techniques & Post Partum	7:00 pm – Health unit 6:30 pm – NRGH Rm G245 7:00 pm – Health Unit
Apr 3 Apr 10 Apr 17	Breast Feeding All About Labour & Tour Comfort Techniques & Post Partum	7:00 pm – Health unit 6:30 pm – NRGH Rm G245 7:00 pm – Health Unit

Jan 4 Jan 11 Jan 18	Breast Feeding All About Labour & Tour Comfort Techniques & Post Partum	7:00 pm – Health Unit 6:30 pm – NRGH Rm G245 7:00 pm – Health Unit
Jan 25 Feb 1 Feb 8	Breast Feeding All About Labour & Tour Comfort Techniques & Post Partum	7:00 pm – Health Unit 6:30 pm – NRGH Rm G245 7:00 pm – Health Unit
Feb 15 Feb 22 Feb 29	Breast Feeding All About Labour & Tour Post Partum	7:00 pm – Health Unit 6:30 pm – NRGH Rm G245 7:00 pm – Health Unit
Mar 7 Mar 14 Mar 21	Breast Feeding All About Labour & Tour Comfort Techniques & Post Partum	7:00 pm – Health Unit 6:30 pm – NRGH Rm G245 7:00 pm – Health Unit
Mar 28 April 4 April 11	Breast Feeding All About Labour & Tour Comfort Techniques & Post Partum	7:00 pm – Health Unit 6:30 pm – NRGH Rm G245 7:00 pm – Health Unit
April 18 April 25 May 2	Breast Feeding All About Labour & Tour Comfort Techniques & Post Partum	7:00 pm – Health unit 6:30 pm – NRGH Rm G245 7:00 pm – Health Unit

Labour and Tour is offered at NRGH. Please go to room G245. G245 is located one floor down from the main floor - same floor as the cafeteria. Please look for the prenatal signs.

Please turn page for additional classes →