

Prenatal Class Schedule

Healthy Pregnancy 2 classes 7:00-9:00 p.m.	
Thursdays:	February 16 & 23 rd
Tuesdays:	April 3 & 10 th

Labour & Birth Classes 5 class series 7:00-9:00 p.m.	
Thursdays:	January 5,12,19, 26 & Feb 2 nd
Tuesdays:	February 7,14,21,28 & Mar 6 th
Thursdays:	March 15,22,29 & April 5, 12 th
Tuesdays:	April 17, 24 & May 1, 8, & 15 th
Thursdays:	May 24, 31 & June 7, 14, 21 st

WEEKEND SERIES 

Weekend Prenatal Classes	
Bring a pillow, snacks, and wear comfortable loose fitting clothing	
Class #1 – Labour & Birth: delivery medical procedures, relaxation & breathing, hospital tour	
Class #2 – Baby & You: Your baby's brain development Baby care and feeding	
SATURDAY SERIES 10:00 to 3:00 pm	
Class #1	February 4 April 7
Class #2	March 3 May 5

2012 PRENATAL CLASSES

Spring Sessions
Duncan
Register Early

**All classes
are free**



VANCOUVER ISLAND
health
authority

Prenatal Classes

Healthy Pregnancy.... Register for the healthy pregnancy class as **EARLY** as possible in your pregnancy

Class 1	<ul style="list-style-type: none"> • Nutrition • How the baby develops during pregnancy
Class 2	<ul style="list-style-type: none"> • Prenatal exercise, breathing, & relaxation • Lifestyle

Labour & Birth.... Start this series at least 8-10 weeks before your due date

Class 1	Labour & Birth	<ul style="list-style-type: none"> • The stages of labour and delivery • Relaxation techniques • Physical changes after delivery
Class 2	Comfort Measures during labour, delivery, and early postpartum	<ul style="list-style-type: none"> • Breathing techniques and positions • Massage, relaxation during labour • Supporting your partner during labour • Cowichan District Hospital tour/virtual tour <p>Bring a pillow & wear comfortable clothing</p>
Class 3	Medical Procedures	<ul style="list-style-type: none"> • Procedures during labour • Pain control • Health concerns during pregnancy • C-section (caesarean birth) • Relaxation & breathing
Class 4	Your Baby's Brain and Beyond	<ul style="list-style-type: none"> • How the brain develops • How to help your baby develop and learn • Playing and connecting with your baby • Today's toys – good and bad
Class 5	Care and Feeding of Your Baby	<ul style="list-style-type: none"> • Becoming parents • What to expect from your baby • Breastfeeding - why to & how to • Caring for your wellbeing after delivery

Class Location

- All classes are held in Duncan at the Margaret Moss Health Unit
- **All Classes are free**

Hospital Tours

Cowichan District Hospital (CDH)

A Cowichan Hospital tour included during the Labour & Birth series

Nanaimo Regional General Hospital (NRGH)

Telephone 250-755-3308 to book a tour

Victoria General Hospital (VGH)

Telephone 250-727-4212 to book a tour

To Register or For More Information Please Call Us

Telephone: 250-709-3050

Address: Margaret Moss Health Unit
675 Canada Avenue
Duncan, BC V9L 1T9

Class Dates

