

# health & wellness classes for 2010

## childbirth class schedule

### **LABOR & DELIVERY CLASS (Saturdays, 8:30 am - 4:30 pm)**

January 9  
February 6  
March 6  
April 3  
May 1  
June 5  
July 10  
August 7  
September 11  
October 2  
November 6  
December 4

### **New Mom New Baby & Safety Class (Saturdays 9:00 am - 12:30 pm)**

January 23  
March 20  
May 15  
July 24  
September 18  
November 13

### **BREASTFEEDING CLASS (Saturday 9:00 am - 12:15 pm)**

February 20  
April 17  
June 19  
August 21  
October 16  
December 11

### **INFANT CPR (Mondays 6:30 pm - 8:30 pm)**

January 18	July 26
February 15	August 30
March 29	September 27
April 12	October 25
May 17	November 15
June 28	December 13

### **BIG BROTHER & BIG SISTER CLASS (Saturdays 9:30 am - 11:00 am)**

January 30  
March 27  
May 29  
July 31  
September 25  
November 20

TO REGISTER, PLEASE CALL 410-822-1000 ext. 5200

