

THE MATERNITY CENTER AT MONTEFIORE NYACK HOSPITAL

CHILDBIRTH + INFANT CARE EDUCATION CLASSES

MATERNITY CENTER TOUR

Sunday, 12:00 PM and Wednesday, 8:00 PM

Tour the Montefiore Nyack Hospital Maternity Center.



Free of charge



Registration required



Please call 845-348-2660 the day of to confirm tour.

Sundays:

12/2, 12/9, 12/16, 12/23, 12/30



Wednesdays:

12/5, 12/12, 12/19, 12/26

INFANT CARE AND NUTRITION CLASS

Wednesday, 6:30 PM – 9:00 PM

This class is designed for first-time parents. Topics include the basics of holding, diapering, bathing, swaddling, sleeping patterns, infant feeding basics, choosing a pediatrician, infant safety, and pet issues.



\$65 per couple



Registration required **fill out form here.**



For additional information, call 845-348-2639.



12/19

WEEKEND ACCELERATED LAMAZE CLASS

Saturday and Sunday, 9:00 AM – 3:00 PM

This class is ideal for the couple with limited time to attend childbirth classes. Class will cover relaxation and breathing methods, coaching techniques, and a tour of Montefiore Nyack Hospital's Maternity Center.



\$175 per couple



Registration required **download form here.**



For additional information, call 845-348-2004.



12/22 and 12/23

NEW MOMS CIRCLE SUPPORT GROUP

Saturday, 11:00 AM – 12:15 PM

Bring your child, ages 0 – 18 months and join a supportive and respectful group discussion led by a registered nurse and lactation consultant on various newborn and infant topics.



The Prenatal Center at Montefiore Nyack Hospital,
258 High Street, Nyack, NY 10960



Free of charge



Registration required **fill out form here.**



For additional information, call 845-348-7505.



12/15

The Maternity Center at Montefiore Nyack Hospital

160 North Midland Avenue

Nyack, NY 10960

845-348-2639

montefiorennyack.org/maternity

Montefiore | Nyack

THE MATERNITY CENTER AT MONTEFIORE NYACK HOSPITAL

CHILDBIRTH + INFANT CARE EDUCATION REGISTRATION

LAST NAME	FIRST NAME	PARTNER NAME	
ADDRESS	CITY	STATE	ZIP
HOME PHONE	WORK PHONE	CELL PHONE	

LAMAZE

- | | | | | |
|---|---------|-------------|-------------|-------|
| <input type="checkbox"/> Childbirth Preparation | 6 weeks | Date: _____ | Time: _____ | \$175 |
| <input type="checkbox"/> Accelerated Childbirth Preparation | 2 days | Date: _____ | Time: _____ | \$175 |
| <input type="checkbox"/> Childbirth Refresher | 1 day | Date: _____ | Time: _____ | \$75 |

PRENATAL CLASSES

DISCOUNT FOR ALL 3 CLASSES: \$145

- | | | | | |
|--|-----------|-------------|-------------|------|
| <input type="checkbox"/> Infant Care and Nutrition | 2.5 hours | Date: _____ | Time: _____ | \$65 |
| <input type="checkbox"/> Breastfeeding Basics | 2 hours | Date: _____ | Time: _____ | \$50 |
| <input type="checkbox"/> Infant / Child CPR | 2 hours | Date: _____ | Time: _____ | \$50 |

PAYMENT METHOD

- Check Credit Card: American Express Discover Card Visa MasterCard

CREDIT CARD NUMBER	EXPIRATION DATE (MM/YYYY)	SECURITY CODE
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Discover, Visa, MasterCard: 3-digit number on the back of the card at the end of the signature panel.
Am Ex optima: 4-digit number on face of card above and to the left of the card number.

Card holder name and address if different from above:

NAME	ADDRESS	CITY / STATE / ZIP
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CARD HOLDER SIGNATURE	DATE
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NOTE: Full refunds will be given for cancellation prior to the 1st day of class only if withdrawal is due to early delivery.
A 20% processing fee will be applied to cancellations for any other reason. Refunds for cancellations after classes have begun will be pro-rated.

Please mail completed registration form and check or credit card information to:
Montefiore Nyack Hospital, C/O C/B ED, Mother/Baby Unit, 160 North Midland Avenue, Nyack, NY 10960
Visit montefiorenyackhospital.org/events or email farrellm@montefiorenyackhospital.org for information regarding specific classes.

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Nyack, NY 10960
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montefiorenyackhospital.org/maternity

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