


MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES JULY 2022

7 TIPS FOR A HEALTHY BEACH BODY

Thursday, Noon – 1:00 PM

Each summer many people want to enjoy the beach and need to feel confident about their bodies. In this discussion participants will learn helpful tips on what a healthy beach body is and how to look your best!

 Zoom Webinar

 Free of charge


 Registration required. **To register, please click here.**

14 NUTRITION ADVICE FOR PARENTS OF FINICKY EATERS

Thursday, Noon – 1:00 PM

This week's community chat features a panel of dietitians sharing their top nutrition tips and helpful advice to parents looking to improve their children's eating habits and finicky appetites.

 Zoom Webinar

 Free of charge


 Registration required. **To register, please click here.**


14 BREASTFEEDING BASICS


Thursday, 7:00 PM – 9:00 PM

Virtual, interactive two-hour class to prepare for breastfeeding your baby. Learn about feeding strategies, pumping & storing and other common concerns. This class is taught by an International board-certified lactation consultant and includes a full-color companion book.

 Zoom Webinar

 \$50 fee to participate. Class price bundles available.

 Registration required by 7/11. We reserve the option to reschedule if there are less than 2–3 enrollments per class. **To register and enroll, please click here.**

 For additional questions and information, please contact Community Health and Wellness at 845-348-2639.


19 INFANT CPR


Tuesday, 4:00 PM – 6:00 PM

Virtual, interactive two-hour class teaches how to perform CPR on babies up to 12 months old. This class is taught by a Certified American Heart Association Instructor.

 Zoom Webinar

 \$50 fee to participate. Class price bundles available.


 Registration required by 7/16. We reserve the option to reschedule if there are less than 2 to 3 enrollments per class. **Register / enroll online here.**

 For more information, please contact **TheMaternityCenter@montefiorenyack.org** or the Childbirth Education line at 845-348-2639.


20 INFANT CARE AND NUTRITION


Wednesday, 7:00 PM – 9:00 PM

Virtual, interactive two-hour class to learn the basics of caring for babies up to 12 months old. Learn about holding, diapering, bathing, sleeping, feeding, safety and other common concerns. This class is taught by a Certified Childbirth Educator.

 Zoom Webinar

 \$50 fee to participate. Class price bundles available.

 Registration is required by 7/17. We reserve the option to reschedule if there are less than 2–3 enrollments per class. **Register / enroll online here.**

 For more information, please contact **TheMaternityCenter@montefiorenyack.org** or the Childbirth Education line at 845-348-2639.

21 WHAT'S IN YOUR MEDICINE CABINET?

Thursday, Noon – 1:00 PM

Some medicine cabinets feel like a trap—and could potentially end up being one if you aren't careful. In this week's community chat, participants will learn about how to store medications, look for expirations, handle waste management and learn general do's and don'ts for disposal.

 Zoom Webinar

 Free of charge


 Registration required. **To register, please click here.**


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21 TYPE 2 DIABETES SUPPORT GROUP

Thursday, Noon – 1:00 PM


This monthly online support group provides a safe space for people with diabetes to come together to share coping strategies, learn from one another, feel more empowered to manage their condition, and gain a sense of community. Join on the phone or via Zoom for video.

 Zoom Webinar

 Free of charge

 Registration is NOT required.
To join, please click here.
Meeting ID: 625 192 5962
Passcode: 844594

 For more information, email
romad@montefiorenyack.org.


 Additional Dates: 9/15


23/24 ACCELERATED WEEKEND LAMAZE CLASS


Saturday, 11:00 AM – 2:00 PM

Sunday, 11:00 AM – 2:00 PM

Virtual, interactive two-day course to learn about the birthing process, comfort measures, partner coaching techniques and hospital experience. This class is taught by a Certified Childbirth Educator and includes a full-color companion book (LCCE).

 Zoom Webinar

 \$100 fee to participate. Class price bundles available.

 Registration deadline is 7/20. We reserve the option to reschedule if there are less than 2–3 enrollments per class. **Register / enroll online here.**

 Email TheMaternityCenter@montefiorenyack.org for more information or call 845-348-2639.