# THE MATERNITY CENTER AT MONTEFIORE NYACK HOSPITAL CHILDBIRTH + INFANT CARE EDUCATION CLASSES

### NEW MOMS CIRCLE SUPPORT GROUP

#### Saturday 11:00 AM – 1:00 PM

Bring your child, ages 0-24 months and join a supportive and respectful group discussion led by a lactation consultant and a guest speaker on various newborn and infant topics.

0	The Prenatal Center at Montefiore Nyack Hospital, 258 High Street, Nyack, NY 10960
\$	Free of charge
Ø	Pre-registration requested
0	For information, call Patricia Soriano Guzman at 845-348-2550 x7505 or email RSVP to guzmanps@montefiorenyack.org
$\mathbf{C}$	2/1, 2/22, 3/1, 3/21

#### MATERNITY CENTER TOUR

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

Tour the Montefiore Nyack Hospital Maternity Center.

	Free of charge
- 20	Free of charge

Registration reguired

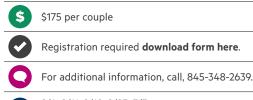
Please call 845-348-2660 the day of to confirm tour.

Sundays: 2/2, 2/9, 2/16, 2/23 Wednesdays: 2/5, 2/12, 2/19, 2/26

### TRADITIONAL LAMAZE COURSE

#### Tuesday, 6:30 PM – 9:00 PM

This course prepares expectant parents for the labor and delivery process. Topics include relaxation, breathing, and coaching techniques. Participants will also tour the Maternity Center.



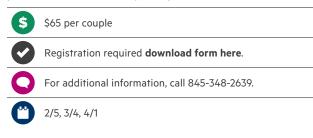
2/4, 2/11, 2/18, 2/25, 3/3 Next course: 3/19 through 4/23

The Maternity Center at Montefiore Nyack Hospital 160 North Midland Avenue Nyack, NY 10960 845-348-2639 montefiorenyack.org/maternity

### INFANT CARE AND NUTRITION CLASS

#### Wednesday, 6:30 PM - 9:00 PM

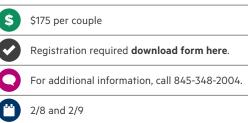
This class is designed for first-time parents. Topics include the basics of holding, diapering, bathing, swaddling, sleeping patterns, infant feeding basics, choosing a pediatrician, infant safety, and pet issues.



## WEEKEND ACCELERATED LAMAZE CLASS

#### Saturday 10:00 AM – 4:00 PM 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.



# Montefiore Nyack

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## **BREASTFEEDING BASICS**

#### Wednesday, 7:00 PM – 9:00 PM

Prepare for the first days and weeks of breastfeeding your baby. Learn the benefits and basics of breastfeeding, including positioning, nutrition, storage, pumping, milk storage, using and maintaining breastfeeding equipment and strategies for returning to work.

\$	\$50 per couple
	Registration required <b>download form here</b> .
0	For additional information, call, 845-348-2639.
$\mathbf{C}$	2/12, 3/19

#### **INFANT CPR**

#### Thursday, 7:30 PM - 9:30 PM

A two-hour course to help family members perform Cardiopulmonary Resuscitation (CPR) on children, ages newborn to 12 months.



\$50 per couple

Registration required **download form here**.



For additional information, call 845-348-2639.

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# THE MATERNITY CENTER AT MONTEFIORE NYACK HOSPITAL CHILDBIRTH + INFANT CARE EDUCATION REGISTRATION

LAST NAME	FIRST NAME	PARTNER NAME		
ADDRESS	CITY	STAT	E ZIP	
HOME PHONE	WORK PHONE	CELL	CELL PHONE	
LAMAZE				
Childbirth Preparation	6 weeks	Date:	Time:	\$175
Accelerated Childbirth Preparation	2 days	Date:	Time:	\$175
Childbirth Refresher	1 day	Date:	Time:	\$75
PRENATAL CLASSES DISCOUNT FOR ALL 3 CLASSES: \$145				
Infant Care and Nutrition	2.5 hours	Date:	Time:	\$65
Breastfeeding Basics	2 hours	Date:	Time:	\$50
Infant / Child CPR	2 hours	Date:	Time:	\$50
Check Credit Card: American Ex	EXPIRATION DATE (MM/YY	Visa MasterCa	JRITY CODE	
Discover, Visa, MasterCard: 3-digit number on the Am Ex optima: 4-digit number on face of card abo	back of the card at the end of the	signature panel.		
Card holder name and address if differen	t from above:			
NAME	ADDRESS	CITY	CITY/STATE/ZIP	
CARD HOLDER SIGNATURE	DATI	DATE		
NOTE: Full refunds will be given for cancellation pri- A 20% processing fee will be applied to cancellation				
Please mail completed registration form and c Montefiore Nyack Hospital, C/O C/B ED, Mot Visit <b>montefiorenyackhospital.org/events-ca</b>	her/Baby Unit, 160 North Midla	and Avenue, Nyack, NY 109		specific classes.
The Maternity Center at Montefiore Ny	ack Hospital			

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