


# 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: 7/7, 7/14, 7/21, 7/28  
Wednesdays: 7/3, 7/10, 7/17, 7/24, 7/31

### TRADITIONAL LAMAZE COURSE

**Tuesday, 6:30 PM – 9:00 PM**

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

 \$175 per couple


 Registration required **download form here.**

 7/9, 7/16, 7/23, 7/30, 8/6


### INFANT CPR

**Monday, 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.

 7/10

### 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 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 **download form here.**

 For additional information, call 845-348-7505.


 Saturdays: 7/13

### 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.

 \$175 per couple

 Registration required **download form here.**


 For additional information, call 845-348-2004.

 7/13 and 7/14

### 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 **download form here.**

 7/20

**The Maternity Center at Montefiore Nyack Hospital**

160 North Midland Avenue

Nyack, NY 10960

845-348-2639

[montefiorennyack.org/maternity](http://montefiorennyack.org/maternity)

**Montefiore** | **Nyack**

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## CHILDBIRTH + INFANT CARE EDUCATION CLASSES

### 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 **download form here.**



For additional information, call 845-348-2639.



7/24

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Montefiore | Nyack

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## 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](http://montefiorenyackhospital.org/events) or email [farrellm@montefiorenyack.org](mailto:farrellm@montefiorenyack.org) for information regarding specific classes.

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**Montefiore** | **Nyack**