





**ALL CLASSES AND SUPPORT GROUPS HAVE BEEN SUSPENDED
UNTIL FURTHER NOTICE. PLEASE CHECK BACK FOR UPDATES.**

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: 3/1, 3/8, 3/15, 3/22, 3/29
Wednesdays: 3/4, 3/11, 3/18, 3/25

INFANT CPR

Tuesday, 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.
-  3/3
Friday: 4/3

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.
-  3/4, 3/27, 4/1

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.
-  3/7 and 3/8
4/4 and 4/5

NEW MOMS CIRCLE SUPPORT GROUP

Saturday 11:00 AM – 1:00 PM

New mothers with their children 0 – 24 months are welcome to attend. The group features a guest speaker who discusses topics of interest relevant to new mothers.

-  The Prenatal Center at Montefiore Nyack Hospital,
258 High Street, Nyack, NY 10960
-  Free of charge
-  Pre-registration requested
-  For information, call Patricia Soriano Guzman
at 845-348-2550 x7505 or email RSVP
to guzmanps@montefiorennyack.org
-  3/7, 3/21

The Maternity Center at Montefiore Nyack Hospital

160 North Midland Avenue
Nyack, NY 10960
845-348-2639

montefiorennyack.org/maternity

Montefiore | Nyack


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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.

 \$175 per couple

 Registration required **download form here.**


 For additional information, call, 845-348-2639.

 3/10, 3/17, 3/24, 3/31, 4/7, 4/14

BREASTFEEDING BASICS


Thursday, 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.**

 For additional information, call, 845-348-2639.

 3/19
Saturday: 4/11, 10:00 AM – 12:00 PM

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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 montefiorenyack.org/events-calendar or email communityhealth@montefiorenyack.org for information regarding specific classes.

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