

# 2019 CHILDBIRTH EDUCATION CLASSES

## DELIVERING PEACE OF MIND

Advocate Sherman Hospital and Well Child Center

Bring to you

### Free Prenatal Classes\*

At Well Child Center

620 Wing Street

Elgin, IL 60120

630-391-0001

### Tuesdays

5:45 p.m. - 7:45 p.m.

February 5 – Labor & Delivery, Pre-Eclampsia, Diabetes and Pre-term labor

February 12 – Epidurals, Cesarean Section and Post-partum depression

February 19 – Breastfeeding – Latching, positions and practice

February 26 – Newborn Care – Diapering, Holding, Bathing / Nutrition

March 5 – Labor & Delivery, Pre-Eclampsia, Diabetes and Pre-term labor

March 12 – Epidurals, Cesarean Section and Post-partum depression

March 19 – Breastfeeding – Latching, positions and practice

March 26 – Newborn Care – Diapering, Holding, Bathing / Nutrition

**Register today with your WIC nutritionist**

\*Normally you would pay \$125 to take these classes at the hospital, but they are free if you are enrolled in WIC

**An infant car seat will be raffled at the end of each series**



We are **AdvocateAuroraHealth**

# 2019 CHILDBIRTH EDUCATION CLASSES

## DELIVERING PEACE OF MIND

**Advocate Sherman Hospital and Well Child Center**

Bring to you

### **Free Prenatal Classes\***

At Well Child Center

620 Wing Street

Elgin, IL 60120

630-391-0001

#### **Tuesdays**

**5:45 p.m. - 7:45 p.m.**

April 2 – Labor & Delivery, Pre-Eclampsia, Diabetes and Pre-term labor

April 9 – Epidurals, Cesarean Section and Post-partum depression

April 16 – Breastfeeding – Latching, positions and practice

April 23 – Newborn Care – Diapering, Holding, Bathing / Nutrition

May 7 – Labor & Delivery, Pre-Eclampsia, Diabetes and Pre-term labor

May 14 – Epidurals, Cesarean Section and Post-partum depression

May 21 – Breastfeeding – Latching, positions and practice

May 28 – Newborn Care – Diapering, Holding, Bathing / Nutrition

**Register today with your WIC nutritionist**

\*Normally you would pay \$125 to take these classes at the hospital, but they are free if you are enrolled in WIC

**An infant car seat will be raffled at the end of each series**



We are **AdvocateAuroraHealth**

# 2019 CHILDBIRTH EDUCATION CLASSES

## DELIVERING PEACE OF MIND

Advocate Sherman Hospital and Well Child Center

Bring to you

### Free Prenatal Classes\*

At Well Child Center

620 Wing Street

Elgin, IL 60120

630-391-0001

### Tuesdays

5:45 p.m. - 7:45 p.m.

June 4 – Labor & Delivery, Pre-Eclampsia, Diabetes and Pre-term labor

June 11– Epidurals, Cesarean Section and Post-partum depression

June 18 – Breastfeeding – Latching, positions and practice

June 25 – Newborn Care – Diapering, Holding, Bathing / Nutrition

July 9 – Labor & Delivery, Pre-Eclampsia, Diabetes and Pre-term labor

July 16 – Epidurals, Cesarean Section and Post-partum depression

July 23 – Breastfeeding – Latching, positions and practice

July 30 – Newborn Care – Diapering, Holding, Bathing / Nutrition

**Register today with your WIC nutritionist**

\*Normally you would pay \$125 to take these classes at the hospital, but they are free if you are enrolled in WIC

**An infant car seat will be raffled at the end of each series**



We are **AdvocateAuroraHealth**

# 2019 CHILDBIRTH EDUCATION CLASSES

## DELIVERING PEACE OF MIND

Advocate Sherman Hospital and Well Child Center

Bring to you

### Free Prenatal Classes\*

At Well Child Center

620 Wing Street

Elgin, IL 60120

630-391-0001

### Tuesdays

5:45 p.m. - 7:45 p.m.

August 6 – Labor & Delivery, Pre-Eclampsia, Diabetes and Pre-term labor

August 13 – Epidurals, Cesarean Section and Post-partum depression

August 20 – Breastfeeding – Latching, positions and practice

August 27 – Newborn Care – Diapering, Holding, Bathing / Nutrition

September 3 – Labor & Delivery, Pre-Eclampsia, Diabetes and Pre-term labor

September 10 – Epidurals, Cesarean Section and Post-partum depression

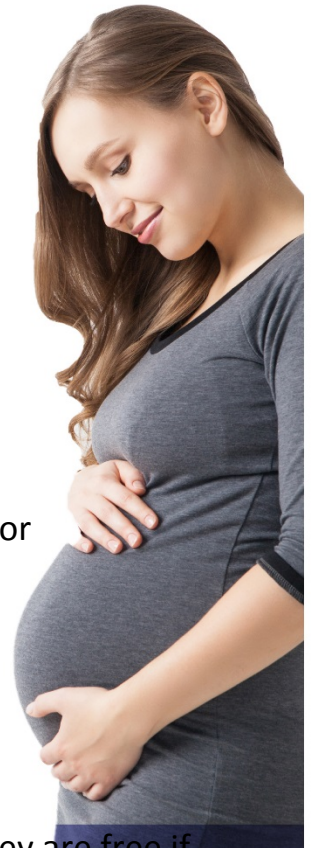
September 17 – Breastfeeding – Latching, positions and practice

September 24 – Newborn Care – Diapering, Holding, Bathing / Nutrition

**Register today with your WIC nutritionist**

\*Normally you would pay \$125 to take these classes at the hospital, but they are free if you are enrolled in WIC

**An infant car seat will be raffled at the end of each series**



We are **AdvocateAuroraHealth**

# 2019 CHILDBIRTH EDUCATION CLASSES

## DELIVERING PEACE OF MIND

**Advocate Sherman Hospital and Well Child Center**

Bring to you

### **Free Prenatal Classes\***

At Well Child Center

620 Wing Street

Elgin, IL 60120

630-391-0001

### **Tuesdays**

**5:45 p.m. - 7:45 p.m.**

October 1 – Labor & Delivery, Pre-Eclampsia, Diabetes and Pre-term labor

October 8 – Epidurals, Cesarean Section and Post-partum depression

October 15 – Breastfeeding – Latching, positions and practice

October 22 – Newborn Care – Diapering, Holding, Bathing / Nutrition

November 5 – Labor & Delivery, Pre-Eclampsia, Diabetes and Pre-term labor

November 12 – Epidurals, Cesarean Section and Post-partum depression

November 19 – Breastfeeding – Latching, positions and practice

November 26 – Newborn Care – Diapering, Holding, Bathing / Nutrition

**Register today with your WIC nutritionist**

\*Normally you would pay \$125 to take these classes at the hospital, but they are free if you are enrolled in WIC

**An infant car seat will be raffled at the end of each series**



We are **AdvocateAuroraHealth**