

2023 Childbirth Classes

Free Prenatal Zoom Classes brought to you by Advocate Sherman Hospital and Well Child Center

Tuesdays

5:00p – 7:00p

Week 1: Labor & Delivery, Pre-Eclampsia, Diabetes and Pre-term Labor

Week 2: Epidurals, Cesarean Section and Post-partum Depression

Week 3: Breastfeeding – Latching, Positions

Week 4: Newborn Care – Diapering, Holding, Bathing

February 7, 14, 21, 28

March 7, 14, 21, 28

April 4, 11, 18, 25

May 2, 9, 16, 23

June 6, 13, 20, 27

July 11, 13 (Thur), 18, 25

August 1, 8, 15, 22

September 5, 12, 19, 26

October 3, 10, 17, 24

November 7, 14, 21, 28



Register today with your WIC Nutritionist!

Questions? Contact: Jessica Lopez 224-828-1479 jlopez@wellchildcenter.org

Or Dalia Contreras 630-391-0001 dcontreras@wellchildcenter.org

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



This institution is an equal opportunity provider.