

# 2018 Prenatal Education Class Schedule

Hillcrest Medical Center  
1120 S. Utica, Tulsa, OK

Hillcrest Hospital South  
8801 S. 101st E. Ave., Tulsa, OK

## 4 WEEK PREPARED CHILDBIRTH EDUCATION SERIES

**\$60 • 7 P.M. - 9:30 P.M.**

Childbirth information presented emphasizes natural coping techniques during labor and birth. Lamaze breathing techniques explained and practiced each evening.

**Location: Hillcrest Medical Center**

Tues. • April 3, 10, 17, 24

Tues. • July 24, 31 • Aug. 7, 14

Tues. • Aug. 28 • Sept. 4, 11, 18

Tues. • Nov. 20, 27 • Dec. 4, 11

## 3 WEEK PREPARED CHILDBIRTH SERIES

**\$40 • 7 P.M. - 9:30 P.M.**

Basic childbirth information presented. Lamaze breathing techniques explained and practiced each evening.

**Location: Hillcrest Medical Center**

Mon. • Jan. 15, 22, 29

Mon. • Feb. 12, 19, 26

Mon. • March 12, 19, 26

Mon. • April 9, 16, 23

Mon. • May 14, 21, 28

Mon. • June 11, 18, 25

Mon. • July 16, 23, 30

Mon. • Aug. 13, 20, 27

Mon. • Sept. 10, 17, 24

Mon. • Oct. 15, 22, 29

Mon. • Nov. 12, 19, 26

**Location: Hillcrest Hospital South**

Tues. • Jan. 2, 9, 16

Tues. • March 6, 13, 20

Tues. • May 1, 8, 15

Tues. • July 3, 10, 17

Tues. • Sept. 4, 11, 18

Tues. • Nov. 6, 13, 20

## SATURDAY CHILDBIRTH SERIES

**\$60 • 9 A.M. - 4:30 P.M.**

Childbirth information presented emphasizes natural childbirth techniques during labor and birth. Lamaze breathing techniques explained and practiced throughout the day.

**Location: Hillcrest Medical Center**

Sat. • Jan. 20 | Sat. • July 21

Sat. • March 3 | Sat. • Sept. 29

Sat. • May 19 | Sat. • Nov. 3

**Location: Hillcrest Hospital South**

Sat. • Jan. 13 | Sat. • July 14

Sat. • Feb. 10, 24 | Sat. • Aug. 11, 25

Sat. • Mar. 10 | Sat. • Sept. 8

Sat. • Apr. 14, 28 | Sat. • Oct. 13, 27

Sat. • May 12 | Sat. • Nov. 3

Sat. • June 9, 23 | Sat. • Dec. 15, 29

## BREASTFEEDING BASICS

**\$15 • 7 P.M. - 9:30 P.M.**

A class specifically designed for new parents who are going to breastfeed their baby, whether mom is returning to work or not. Come and learn basic benefits of breastfeeding, positions and nutrition while breastfeeding, pumping and more.

**Location: Hillcrest Medical Center**

Mon. • Jan. 8 | Mon. • July 9

Mon. • Feb. 5 | Mon. • Aug. 6

Mon. • Mar. 5 | Mon. • Sept. 10

Mon. • Apr. 2 | Mon. • Oct. 1

Mon. • May 7 | Mon. • Nov. 5

Mon. • June 4 | Mon. • Dec. 3

**Location: Hillcrest Hospital South**

Thurs. • Jan. 18 | Thurs. • July 19

Thurs. • Feb. 15 | Thurs. • Aug. 16

Thurs. • Mar. 15 | Thurs. • Sept. 20

Thurs. • Apr. 19 | Thurs. • Oct. 18

Thurs. • May 17 | Thurs. • Nov. 15

Thurs. • June 21 | Thurs. • Dec. 13

## BABY CARE BASICS \$15

Bathing, swaddling, car seat safety, feeding, diapering and more.

**Location: Hillcrest Medical Center**

Wed. • Jan. 18 • 7-9 p.m.

Sat. • Feb. 10 • 10:30 a.m.-12:30 p.m.

Wed. • Mar. 19 • 7-9 p.m.

Sat. • Apr. 7 • 10:30 a.m.-12:30 p.m.

Thurs. • May 10 • 7-9 p.m.

Sat. • June 9 • 10:30 a.m.-12:30 p.m.

Wed. • July 23 • 7-9 p.m.

Sat. • Aug. 11 • 10:30 a.m.-12:30 p.m.

Wed. • Sept. 5 • 7-9 p.m.

Sat. • Oct. 13 • 10:30 a.m.-12:30 p.m.

Wed. • Nov. 7 • 7-9 p.m.

Sat. • Dec. 8 • 10:30 a.m.-12:30 p.m.

**Location: Hillcrest Hospital South**

Tues. • Jan. 23 • 7-9:30 p.m.

Tues. • Feb. 27 • 7-9:30 p.m.

Tues. • Mar. 27 • 7-9:30 p.m.

Tues. • Apr. 24 • 7-9:30 p.m.

Tues. • May 22 • 7-9:30 p.m.

Tues. • June 26 • 7-9:30 p.m.

Tues. • July 24 • 7-9:30 p.m.

Tues. • Aug. 28 • 7-9:30 p.m.

Tues. • Sept. 25 • 7-9:30 p.m.

Tues. • Oct. 23 • 7-9:30 p.m.

Tues. • Nov. 27 • 7-9:30 p.m.

Tues. • Dec. 18 • 7-9:30 p.m.



## HAPPIEST BABY ON THE BLOCK

**FREE • 9 A.M. - 10:30 A.M.**

Come learn 5 simple techniques to calm a fussy baby that really work. This class is a must for all new parents, caregivers, grandparents or anyone who wants to learn what to do when the baby is fussy.

**Location: Hillcrest Medical Center**

Sat. • Feb. 10      Sat. • Aug. 11  
Sat. • Apr. 7      Sat. • Oct. 13  
Sat. • June 9      Sat. • Dec. 8

## BIG KIDS & BABIES

**FREE**

**7 P.M. - 8 P.M.**

If you have a child between the ages of 2 – 12, then this is the perfect class for you. We will introduce your child to the idea of a new sibling coming into the family. We will take you and your child up to the nursery viewing window to see newborn babies, and a whole lot more.

**Location: Hillcrest Medical Center**

Tues. Jan. 9      Tues. May 8      Tues. Sept. 11  
Tues. Mar. 6      Tues. July 10      Tues. Nov. 13

**Location: Hillcrest Hospital South**

Tues. Feb. 6      Tues. June 5      Tues. Oct. 2  
Tues. Apr. 3      Tues. Aug. 7      Tues. Dec. 4

## SIBLINGS AT BIRTH (PRIVATE CLASS)

**\$30 PER CHILD  
BY APPOINTMENT ONLY**

If your child is interested in being present at the delivery, talk with your caregiver/physician. Written approval must be provided prior to scheduling this class.

**Location: Hillcrest Medical Center**

## INFANT/CHILD CPR

**\$30 NON-CERTIFICATION PER PERSON**

**Location: Hillcrest Medical Center  
WHC, Classroom 2**

Sat. • Jan. 13 • 2-4p.m.  
Thurs. • Feb. 15 • 7-9p.m.  
Sat. • Mar. 10 • 2-4p.m.  
Thurs. • Apr. 19 • 7-9p.m.  
Sat. • May 12 • 2-4p.m.  
Thurs. • June 14 • 7-9p.m.  
Sat. • July 14 • 2-4p.m.  
Wed. • Aug. 15 • 7-9p.m.  
Sat. • Sept. 15 • 2-4p.m.  
Wed. • Oct. 10 • 7-9p.m.  
Sat. • Nov. 17 • 2-4p.m.  
Wed. • Dec. 12 • 7-9p.m.

## CAR SEAT WORKSHOP

**FREE**

To register for this class, please call **918-494-SAFE**. By attending, those qualified are eligible for a car seat at a discounted rate of \$10. This class is sponsored by SAFE KIDS coalition, and the Women's Center is proud to be able to sponsor this wonderful workshop.

**Location: Hillcrest Medical Center**

Wed. • Jan. 24 • 7-9p.m.  
Sat. • Feb. 24 • 2-4p.m.  
Thurs. • Mar. 22 • 7-9p.m.  
Sat. • Apr. 28 • 2-4p.m.  
Mon. • May 14 • 7-9p.m.  
Sat. • June 23 • 2-4p.m.  
Wed. • July 18 • 7-9p.m.  
Sat. • Aug. 18 • 2-4p.m.  
Mon. • Sept. 17 • 7-9p.m.  
Sat. • Oct. 27 • 2-4p.m.  
Thurs. • Nov. 15 • 7-9p.m.  
Sat. • Dec. 15 • 2-4p.m.

Learn more about our **FREE** Pregnancy Perks program, *Labor of Love*, and tours at [LaborOfLoveOK.com](http://LaborOfLoveOK.com).



# TO REGISTER CALL 918-579-8028

**CLASS DATES SUBJECT TO CHANGE WITHOUT NOTICE**



PEGGY V. HELMERICH

**Women's Health Center**

HILLCREST MEDICAL CENTER | HILLCREST SOUTH

[HelmerichWomensCenter.com](http://HelmerichWomensCenter.com)