

2019 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 16, 23, 30 • May 7

Tues. • July 30 • Aug. 6, 13, 20

Tues. • Sept. 3, 10, 17, 24

Tues. • Nov. 19, 26 • Dec. 3, 10

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. 14, 21, 28

Mon. • Feb. 11, 18, 25

Mon. • March 11, 18, 25

Mon. • April 8, 15, 22

Mon. • May 13, 20, 27

Mon. • June 10, 17, 24

Mon. • July 15, 22, 29

Mon. • Aug. 12, 19, 26

Mon. • Sept. 16, 23, 30

Mon. • Oct. 14, 21, 28

Mon. • Nov. 11, 18, 25

Location: Hillcrest Hospital South

Tues. • Jan. 8, 15, 22

Tues. • March 5, 12, 19

Tues. • May 7, 14, 21

Tues. • July 2, 9, 16

Tues. • Sept. 3, 10, 17

Tues. • Nov. 5, 12, 19

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. 19 Sat. • July 20

Sat. • March 16 Sat. • Sept. 21

Sat. • May 18 Sat. • Nov. 2

Location: Hillcrest Hospital South

Sat. • Jan. 12 Sat. • July 13

Sat. • Feb. 9, 23 Sat. • Aug. 10

Sat. • Mar. 9 Sat. • Sept. 7, 21

Sat. • Apr. 6, 13 Sat. • Oct. 12

Sat. • May 11 Sat. • Nov. 2, 16

Sat. • June 8 Sat. • Dec. 14

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. 7 Mon. • July 1

Mon. • Feb. 4 Mon. • Aug. 5

Mon. • Mar. 4 Mon. • Sept. 9

Mon. • Apr. 1 Mon. • Oct. 7

Mon. • May 6 Mon. • Nov. 4

Mon. • June 3 Mon. • Dec. 2

Location: Hillcrest Hospital South

Thurs. • Jan. 17 Thurs. • July 18

Thurs. • Feb. 21 Thurs. • Aug. 15

Thurs. • Mar. 21 Thurs. • Sept. 19

Thurs. • Apr. 18 Thurs. • Oct. 17

Thurs. • May 16 Thurs. • Nov. 21

Thurs. • June 20 Thurs. • Dec. 12

BBY CARE BASICS

\$15

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

Location: Hillcrest Medical Center

Thurs. • Jan. 24 • 7-9 p.m.

Sat. • Feb. 9 • 10:30 a.m.-12:30 p.m.

Thurs. • Mar. 21 • 7-9 p.m.

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

Wed. • May 22 • 7-9 p.m.

Sat. • June 15 • 10:30 a.m.-12:30 p.m.

Mon. • July 22 • 7-9 p.m.

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

Thurs. • Sept. 19 • 7-9 p.m.

Sat. • Oct. 19 • 10:30 a.m.-12:30 p.m.

Wed. • Nov. 20 • 7-9 p.m.

Sat. • Dec. 7 • 10:30 a.m.-12:30 p.m.

Location: Hillcrest Hospital South

Tues. • Jan. 29 • 7-9:30 p.m.

Tues. • Feb. 26 • 7-9:30 p.m.

Tues. • Mar. 26 • 7-9:30 p.m.

Tues. • Apr. 23 • 7-9:30 p.m.

Tues. • May 28 • 7-9:30 p.m.

Tues. • June 25 • 7-9:30 p.m.

Tues. • July 23 • 7-9:30 p.m.

Tues. • Aug. 27 • 7-9:30 p.m.

Tues. • Sept. 24 • 7-9:30 p.m.

Tues. • Oct. 22 • 7-9:30 p.m.

Tues. • Nov. 26 • 7-9:30 p.m.

Tues. • Dec. 17 • 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. 9 Sat. • Aug. 10
Sat. • Apr. 13 Sat. • Oct. 19
Sat. • June 15 Sat. • Dec. 7

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. 15 | Tues. May 14 | Tues. Sept. 10
Tues. Mar. 12 | Tues. July 9 | Tues. Nov. 12

Location: Hillcrest Hospital South

Tues. Feb. 5 | Tues. June 4 | Tues. Oct. 1
Tues. Apr. 2 | Tues. Aug. 6 | Tues. Dec. 10

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. 12 • 2-4p.m.

Wed. • Feb. 13 • 7-9p.m.

Sat. • Mar. 16 • 2-4p.m.

Thurs. • Apr. 25 • 7-9p.m.

Sat. • May 18 • 2-4p.m.

Wed. • June 12 • 7-9p.m.

Sat. • July 13 • 2-4p.m.

Wed. • Aug. 14 • 7-9p.m.

Sat. • Sept. 14 • 2-4p.m.

Thurs. • Oct. 17 • 7-9p.m.

Sat. • Nov. 16 • 2-4p.m.

Thurs. • 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. 16 • 7-9p.m.

Sat. • Feb. 16 • 2-4p.m.

Wed. • Mar. 27 • 7-9p.m.

Sat. • Apr. 20 • 2-4p.m.

Mon. • May 20 • 7-9p.m.

Sat. • June 22 • 2-4p.m.

Thurs. • July 18 • 7-9p.m.

Sat. • Aug. 24 • 2-4p.m.

Wed. • Sept. 25 • 7-9p.m.

Sat. • Oct. 12 • 2-4p.m.

Thurs. • Nov. 7 • 7-9p.m.

Wed. • Dec. 4 • 2-4p.m.

Learn more about our **FREE** Pregnancy Perks program, *Labor of Love*, and tours at 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