

2017 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 4 / 11 / 18 / 25

Tues. • July 18 / 25 • Aug. 1 / 8

Tues. • Aug. 29 • Sept. 5 / 12 / 19

Tues. • Nov. 21 / 28 • Dec. 5 / 12

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. 16 / 23 / 30

Mon. • Feb. 13 / 20 / 27

Mon. • April 10 / 17 / 24

Mon. • May 8 / 15 / 22

Mon. • June 12 / 19 / 26

Mon. • July 17 / 24 / 31

Mon. • Aug. 14 / 21 / 28

Mon. • Sept. 11 / 18 / 25

Mon. • Oct. 9 / 16 / 23

Mon. • Nov. 13 / 20 / 27

Location: Hillcrest Hospital South

Tues. • March 7 / 14 / 21

Tues. • May 2 / 9 / 16

Wed. • July 5 / 12 / 19

Tues. • Sept. 5 / 12 / 19

Tues. • Nov. 7 / 14 / 21

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 each afternoon.

Location: Hillcrest Medical Center

Sat. • Jan. 21 | Sat. • July 22

Sat. • March 4 | Sat. • Sept. 16

Sat. • May 20 | Sat. • Nov. 4

Location: Hillcrest Hospital South

Sat. • Feb. 11 | Sat. • Aug. 12

Sat. • Mar. 11 | Sat. • Sept. 9

Sat. • Apr. 8 | Sat. • Oct. 14

Sat. • May 13 | Sat. • Nov. 11

Sat. • June 10 | Sat. • Dec. 9

Sat. • July 8

BREASTFEEDING BASICS

\$15 • 7 P.M. - 9:30 P.M.

A class specifically designed for new parents who are going to breastfeed their new baby. Come and learn basic benefits of breastfeeding, positions, and nutrition while breastfeeding, pumping, and more.

Location: Hillcrest Medical Center

Mon. • Jan. 9 | Mon. • July 10

Mon. • Feb. 6 | Mon. • Aug. 7

Mon. • Mar. 6 | Mon. • Sept. 11

Mon. • Apr. 3 | Mon. • Oct. 2

Mon. • May 1 | Mon. • Nov. 6

Mon. • June 5 | Mon. • Dec. 4

Location: Hillcrest Hospital South

Thurs. • Jan. 19 | Thurs. • July 20

Thurs. • Feb. 16 | Thurs. • Aug. 17

Thurs. • Mar. 16 | Thurs. • Sept. 21

Thurs. • Apr. 20 | Thurs. • Oct. 19

Thurs. • May 18 | Thurs. • Nov. 16

Thurs. • June 15 | Thurs. • Dec. 14

BABY CARE BASICS

\$15

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

Location: Hillcrest Medical Center

Wed. • Jan. 24 • 7-9p

Sat. • Feb. 18 • 10:30a-12:30p

Wed. • Mar. 22 • 7-9p

Sat. • Apr. 8 • 10:30a-12:30p

Wed. • May 17 • 7-9p

Sat. • June 10 • 10:30a-12:30p

Wed. • July 24 • 7-9p

Sat. • Aug. 12 • 10:30a-12:30p

Wed. • Sept. 13 • 7-9p

Sat. • Oct. 14 • 10:30a-12:30p

Wed. • Nov. 16 • 7-9pm

Sat. • Dec. 19 • 10:30a-12p

Location: Hillcrest Hospital South

Tues. • Jan. 24 • 7-9:30p

Tues. • Feb. 28 • 7-9:30p

Tues. • Mar. 28 • 7-9:30p

Tues. • Apr. 25 • 7-9:30p

Tues. • May 23 • 7-9:30p

Tues. • June 27 • 7-9:30p

Tues. • July 25 • 7-9:30p

Tues. • Aug. 22 • 7-9:30p

Tues. • Sept. 26 • 7-9:30p

Tues. • Oct. 24 • 7-9:30p

Tues. • Nov. 27 • 7-9:30p

Tues. • Dec. 19 • 7-9:30p

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. 18 | Sat. • Aug. 12

Sat. • Apr. 8 | Sat. • Oct. 14

Sat. • June 10 | Sat. • Dec. 19

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. Bring camera for Kodak moments!

Location: Hillcrest Medical Center

Tues. Jan. 10	Tues. May 8	Tues. Sept. 12
Tues. Feb. 7	Tues. June 13	Tues. Oct. 10
Tues. Mar. 14	Tues. July 11	Tues. Nov. 14
Tues. April 11	Tues. Aug. 8	Tues. Dec. 5

Location: Hillcrest Hospital South

Tues. April 4	Tues. Aug. 1	Tues. Dec. 5
Tues. June 6	Tues. Oct. 3	

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**
Please call 918.579.3344 to enroll

Sat. • Jan. 14 • 2-4p.m.

Thurs. • Feb. 9 • 7-9p.m.

Sat. • Mar. 18 • 2-4p.m.

Thurs. • Apr. 13 • 7-9p.m.

Sat. • May 13 • 2-4p.m.

Thurs. • June 15 • 7-9p.m.

Sat. • July 15 • 2-4p.m.

Wed. • Aug. 9 • 7-9p.m.

Sat. • Sept. 16 • 2-4p.m.

Wed. • Oct. 11 • 7-9p.m.

Sat. • Nov. 18 • 2-4p.m.

Thurs. • Dec. 14 • 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, but the Women's Center is proud to be able to sponsor this wonderful workshop.

Location: Hillcrest Medical Center

Thurs. • Jan. 19 • 7-9p.m.

Sat. • Feb. 25 • 2-4p.m.

Thurs. • Mar. 16 • 7-9p.m.

Sat. • Apr. 22 • 2-4p.m.

Thurs. • May 25 • 7-9p.m.

Sat. • June 17 • 2-4p.m.

Thurs. • July 13 • 7-9p.m.

Sat. • Aug. 26 • 2-4p.m.

Mon. • Sept. 18 • 7-9p.m.

Sat. • Oct. 21 • 2-4p.m.

Wed. • Nov. 15 • 7-9p.m.

Sat. • Dec. 16 • 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

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