

2020 Prenatal Education Class Schedule

Hillcrest Medical Center
1120 S. Utica Ave., 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. • Apr. 14, 21, 28 • May 5

Tues. • July 28 • Aug. 4, 11, 18

Tues. • Sept. 8, 15, 22, 29

Tues. • Nov. 24 • Dec. 1, 8, 15

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. 13, 20, 27

Mon. • Feb. 10, 17, 24

Mon. • Mar. 9, 16, 23

Mon. • Apr. 13, 20, 27

Mon. • May 11, 18, 25

Mon. • June 8, 15, 22

Mon. • July 13, 20, 27

Mon. • Aug. 17, 24, 31

Mon. • Sept. 14, 21, 28

Mon. • Oct. 12, 19, 26

Mon. • Nov. 9, 16, 23

Location: Hillcrest Hospital South

Tues. • Jan. 7, 14, 21

Tues. • Mar. 3, 10, 17

Tues. • May 5, 12, 19

Tues. • July 7, 14, 21

Tues. • Sept. 1, 8, 15

Tues. • Nov. 3, 10, 17

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. 18 Sat. • July 18

Sat. • Mar. 21 Sat. • Sept. 12

Sat. • May 30 Sat. • Nov. 21

Location: Hillcrest Hospital South

Sat. • Jan. 11 Sat. • July 11

Sat. • Feb. 8, 22 Sat. • Aug. 8, 22

Sat. • Mar. 14 Sat. • Sept. 19

Sat. • Apr. 11, 25 Sat. • Oct. 10, 24

Sat. • May 16 Sat. • Nov. 7

Sat. • June 13, 27 Sat. • Dec. 12

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. 6 Mon. • July 6

Mon. • Feb. 3 Mon. • Aug. 3

Mon. • Mar. 2 Mon. • Sept. 14

Mon. • Apr. 6 Mon. • Oct. 5

Mon. • May 4 Mon. • Nov. 2

Mon. • June 1 Mon. • Dec. 7

Location: Hillcrest Hospital South

Thurs. • Jan. 16 Thurs. • July 16, 30

Thurs. • Feb. 20 Thurs. • Aug. 20

Thurs. • Mar. 5, 19 Thurs. • Sept. 17

Thurs. • Apr. 2, 16 Thurs. • Oct. 15

Thurs. • May 21 Thurs. • Nov. 19

Thurs. • June 18 Thurs. • Dec. 10

BABY CARE BASICS \$15

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

Location: Hillcrest Medical Center

Call for Information

Location: Hillcrest Hospital South

Tues. • Jan. 28 • 7-9:30 p.m.

Tues. • Feb. 25 • 7-9:30 p.m.

Tues. • Mar. 24 • 7-9:30 p.m.

Tues. • Apr. 28 • 7-9:30 p.m.

Tues. • May 26 • 7-9:30 p.m.

Tues. • June 23 • 7-9:30 p.m.

Tues. • July 28 • 7-9:30 p.m.

Tues. • Aug. 25 • 7-9:30 p.m.

Tues. • Sept. 29 • 7-9:30 p.m.

Tues. • Oct. 27 • 7-9:30 p.m.

Tues. • Nov. 24 • 7-9:30 p.m.

Tues. • Dec. 29 • 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

Call for Information

BIG KIDS & BABIES

FREE

6 P.M. - 7 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. 7 | Tues. May 12 | Tues. Sept. 1

Tues. Mar. 3 | Tues. July 7 | Tues. Nov. 3

Location: Hillcrest Hospital South

Tues. Feb. 4 | Tues. June 2 | Tues. Oct. 6

Tues. Apr. 7 | Tues. Aug. 4 | Tues. Dec. 1



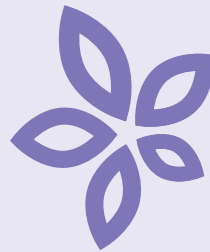
INFANT/CHILD CPR

\$30 NON-CERTIFICATION PER PERSON

Location: Hillcrest Medical Center

Call for Information

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



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

Sat. • Jan. 11 • 2-4 p.m.

Wed. • Feb. 19 • 7-9 p.m.

Sat. • Mar. 21 • 2-4 p.m.

Tues. • Apr. 21 • 7-9 p.m.

Sat. • May 2 • 2-4 p.m.

Mon. • June 22 • 7-9 p.m.

Sat. • July 11 • 2-4 p.m.

Tues. • Aug. 4 • 7-9 p.m.

Sat. • Sept. 19 • 2-4 p.m.

Thurs. • Oct. 22 • 7-9 p.m.

Sat. • Nov. 7 • 2-4 p.m.

Wed. • Dec. 16 • 7-9 p.m.



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