

2021 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. • Feb. 16, 23 • Mar. 2, 9

Tues. • Apr. 20, 27 • May 4, 11

Tues. • July 27 • Aug. 3, 10, 17

Tues. • Sept. 14, 21, 28 • Oct. 5

Tues. • Nov. 30 • Dec. 7, 14, 21

3 WEEK PREPARED CHILDBIRTH SERIES

\$40 • 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

Mon. • Jan. 11, 18, 25

Mon. • Feb. 8, 15, 22

Mon. • Apr. 12, 19, 26

Mon. • May 10, 17, 24

Mon. • June 14, 21, 28

Mon. • July 19, 26, Aug. 2

Mon. • Aug. 16, 23, 30

Mon. • Oct. 11, 18, 25

Mon. • Nov. 8, 15, 22

Location: Hillcrest Hospital South

Call for Information

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. 30 Sat. • July 17

Sat. • Mar. 6 Sat. • Sept. TBD

Sat. • May 15 Sat. • Nov. 20

Location: Hillcrest Hospital South
Call for Information

BABY CARE BASICS \$15

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

Location: Hillcrest Medical Center

Call for Information

Location: Hillcrest Hospital South

Call for Information

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. 4 Mon. • July 12

Mon. • Feb. 1 Mon. • Aug. 9

Mon. • Mar. 1 Mon. • Sept. 13

Mon. • Apr. 5 Mon. • Oct. 4

Mon. • May 3 Mon. • Nov. 1

Mon. • June 7 Mon. • Dec. 6

Location: Hillcrest Hospital South
Call for Information

Tours and class dates
are subject to change
without notice.

**Labor and Delivery tours at the
Peggy V. Helmerich Women's
Health Center at Hillcrest
Medical Center**

Mondays at 6 p.m. and
Wednesdays at 11 a.m.
Meet in the lobby of WHC.



HAPPIEST BABY ON THE BLOCK FREE

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.

Location: Hillcrest Medical Center

Tues. Jan. 5	Tues. May 18	Tues. Sept. 7
Tues. Mar. 30	Tues. July 13	Tues. Nov. 9

Location: Hillcrest Hospital South

Call for Information



INFANT/CHILD CPR \$30 NON-CERTIFICATION PER PERSON

Location: Hillcrest Medical Center

Call for Information

CAR SEAT WORKSHOP FREE

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. **For more information, please call Safe Kids at 918-494-SAFE.**



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