



2018

**Carolinas HealthCare System Cleveland
Maternity and Family Education Class Schedule**

Prepared Childbirth - Saturday / One day

January 20	8 a.m. – 5 p.m.
March 17	8 a.m. – 5 p.m.
May 19	8 a.m. – 5 p.m.
July 21	8 a.m. – 5 p.m.
September 15	8 a.m. – 5 p.m.
November 17	8 a.m. – 5 p.m.

(cost: \$65.00/couple)

Prepared Childbirth - Thursday / Series

<u>Series 1</u>	6:30 – 8:30 p.m.
February 1, 8, 15, 22	
<u>Series 2</u>	6:30 – 8:30 p.m.
April 5, 12, 19, 26	
<u>Series 3</u>	6:30 – 8:30 p.m.
July 5, 12, 19, 26	
<u>Series 4</u>	6:30 – 8:30 p.m.
October 4, 11, 18, 25	

(cost \$65.00/couple)



Breastfeeding Basics

Thursday, January 18	5:15 – 8 p.m.
Thursday, March 15	5:15 – 8 p.m.
Thursday, May 17	5:15 – 8 p.m.
Tuesday, July 17	5:15 – 8 p.m.
Thursday, September 20	5:15 – 8 p.m.
Thursday, November 15	5:15 – 8 p.m.

(cost: \$25.00) Participants are encouraged to bring a support person

Newborn Safety / Tuesday

January 23	6 – 8:30 p.m.
March 27	6 – 8:30 p.m.
May 22	6 – 8:30 p.m.
July 24	6 – 8:30 p.m.
September 25	6 – 8:30 p.m.
November 27	6 – 8:30 p.m.

(cost: \$10.00/person or \$15.00/couple)

BootCamp for Expectant Dads

Saturday, February 17	9:30 a.m. – 12 p.m.
Thursday, May 24	6 – 8:30 p.m.
Thursday, August 16	6 – 8:30 p.m.
Saturday, November 3	9:30 a.m. – 12 p.m.

(cost \$15.00)

Expectant Grandparents / Wednesday

January 24 6 – 8:00 p.m.

April 18 6 – 8:00 p.m.

July 25 6 – 8:00 p.m.

October 24 6 – 8:00 p.m.

(no cost)

Kangaroo Kapers (preparing to be a big brother/big sister)

Saturday, January 27 10 – 11:00 a.m.

Monday, March 26 6 – 7:00 p.m.

Saturday, May 26 10 – 11:00 a.m.

Monday, July 23 6 – 7:00 p.m.

Saturday, September 22 10 – 11:00 a.m.

Monday, November 26 6 – 7:00 p.m.

(no cost)

OB Tour

Tuesday, January 9 6 – 8 p.m.

Saturday, March 3 10 a.m. – 12 p.m.

Monday, May 14 6 – 8 p.m.

Tuesday, July 10 6 – 8 p.m.

Monday, September 24 6 – 8 p.m.

Saturday, November 10 10 a.m. – 12 p.m.

(no cost)

Please Register by calling 980-487-3983 or email
crmcmaternityandfamilyeducation@carolinashealthcare.org

**Save by choosing any 3
classes for \$75!**

CHS Employees Attend Free
with Presentation of
Current ID Badge!

It is recommended that you have classes completed approximately by the 36 week of pregnancy.

Payments are preferred prior to class. For your convenience, you may mail payment to:

**Carolinas HealthCare System Cleveland
Attention: Maternity and Family Education/Women's and Children's Services
201 East Grover Street
Shelby, NC 28150**

or

Pay by credit card by calling **980-487-3887**.

Payments are also accepted on first of class. We accept correct cash amount, personal checks, VISA, MasterCard, Discover or American Express.

In the event of inclement weather, please call 980-487-3983 for any cancellation information.

Please be aware that we do not have access to your treatment information. If there is a change with your pregnancy, please let us know by calling 980-487-3983.

Thank you for choosing Carolinas HealthCare System Cleveland for your Maternity and Family Education. We appreciate the opportunity to serve you during this very special time in your life.

Sincerely,

Carolinas HealthCare System Cleveland Women's and Children's Services Division

Lori Morrow, RN, BSN Nurse Manager II Women's and Children's Services

Betsy Bryant, RNC, MSN, IBCLC, LCCE, Class Coordinator

Sheila A. Davis, Division Secretary, Maternity and Family Education Class Registrar



When arriving for your class, please check in at the Information Desk in the Main Lobby of Carolinas Healthcare System Cleveland. You will be directed to a waiting area where your instructor will meet you. Classes are held in the Women's Life Center Conference Room.

My Class Schedule

Prepared Childbirth Class

Date: _____

Time: _____

Breastfeeding Basics

Date: _____

Time: _____

Newborn Safety

Date: _____

Time: _____

BootCamp for Expectant Dads

Date: _____

Time: _____

Expectant Grandparents

Date: _____

Time: _____

Kangaroo Kapers

Date: _____

Time: _____

OB Tour

Date: _____

Time: _____

