

SCHEDULE OF EVENTS

JANUARY 2012

Breastfeeding Class is taught by a lactation consultant and includes basic information on how to get started and how to manage nursing during the first few weeks of life. Cost:\$30

Weekday (4 week Series) Childbirth Education Class includes information about the labor process, medical interventions, tour, infant care, postpartum. As well as relaxation techniques, positioning for labor, and breathing techniques. We recommend having completed the class by 37 weeks gestation. Cost:\$75

Weekend (Friday and Saturday) Childbirth Class. A shorter version of the childbirth series and includes information about the labor process, medical interventions, postpartum, tour and a shorter version of the positions for labor, relaxation and breathing techniques. The class does NOT include infant care. Cost:\$60

Infant Care Class includes basic infant care skills and growth and development information. Cost:\$20 (\$15 with the weekend childbirth class).

Infant/Child CPR Class includes CPR for infants and children ages birth to 8, management of a choking victim and home and car seat safety. Cost:\$15 per person or \$20 per couple.

Sibling Classes (ages 2-5) /Super Sibling (ages 6-10)This class helps your child better adjust to their upcoming role. Each child will receive a Big Brother/Big Sister T-shirt and a sibling tour. Cost: \$15 per child.

Safe Sitter Babysitting Class is for 11-14 year olds. This one-day class covers basic childcare skills, child choking/injury management, behavior management, how to call for help, safety for the sitter & business skills. Cost:\$40

Free Scheduled Tours of the Storks Landing Maternity Center

****Registration is required for all classes and tours.****

****Class and tour dates, times, & availability are subject to change.****

Prenatal Education Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3	4 Childbirth #1 6:30-9pm	5 Childbirth #1 6:30-9pm	6 Weekend Childbirth #1 6:30-9pm	7 Weekend Childbirth #2 9am-2pm
8	9 Breastfeeding Class 6:30-9pm Tour 7:30pm	10	11 Childbirth #2 6:30-9pm	12 Childbirth #2 6:30-9pm	13	14 CPR 9-11:30am Tour 12pm
15	16 CPR 6:30-9pm	17	18 Childbirth #3 6:30-9pm	19 Childbirth #3 6:30-9pm	20	21
22	23 Tour 7:30 pm	24	25 Childbirth #4/ Infant Care 6:30-9pm	26 Childbirth #4/ Infant Care 6:30-9pm	27	28 Safe Sitter 9am-3:30pm Sibling10-11am Tour 12pm
29	30	31				

LAKE NORMAN REGIONAL MEDICAL CENTER

*Multi-class discounts available-10% with 3 classes
*Scholarship program available from MD office
*Prices and classes SUBJECT TO CHANGE. Effective 10-11.



Registration:
E-mail: deborah.teeter@hma.com
Phone: 704-660-4374
Fax: 704-660- 4399

www.lnrmc.com

FEBRUARY 2012

Prenatal Education Calendar

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5	6 Breastfeeding Class 6:30-9pm Tour 7:30pm	7	8 Childbirth #2 6:30-9pm	9 Childbirth #2 6:30-9pm	10	11
12	13 CPR 6:30-9pm	14 	15 Childbirth #3 6:30-9pm	16 Childbirth #3 6:30-9pm	17	18 CPR 9-11:30am Tour 12pm
19	20 Tour 7:30 pm	21	22 Childbirth #4/ Infant Care 6:30-9pm	23 Childbirth #4/ Infant Care 6:30-9pm	24	25 Sibling 10-11am Tour 12pm
26	27	28	29			

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MARCH 2012

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4	5 Breastfeeding Class 6:30-9pm Tour 7:30pm	6	7 Childbirth #1 6:30-9pm	8 Childbirth #2 6:30-9pm	9 Weekend Childbirth #1 6:30-9pm	10 Weekend Childbirth #2 9am-2pm
11	12 CPR 6:30-9pm	13	14 Childbirth #2 6:30-9pm	15 Childbirth #3 6:30-9pm	16	17
18	19 Tour 7:30 pm	20	21 Childbirth #3 6:30-9pm	22 Childbirth #4/ Infant Care 6:30-9pm	23	24
25	26	27	28 Childbirth #4/ Infant Care 6:30-9pm	29	30	31 Safe Sitter 9am-3:30pm Sibling 10-11am Tour 12pm

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APRIL 2012

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1	2 Breastfeeding Class 6:30-9pm Tour 7:30pm	3	4 Childbirth #1 6:30-9pm	5	6	7 CPR 9-11:30am Tour 12pm
8 Happy Easter	9	10	11 Childbirth #2 6:30-9pm	12	13	14
15	16 CPR 6:30-9pm Tour 7:30 pm	17	18 Childbirth #3 6:30-9pm	19	20 Weekend Childbirth #1 6:30-9pm	21 Weekend Childbirth #2 9am-2pm
22	23	24	25 Childbirth #4/ Infant Care 6:30-9pm	26	27	28 Sibling 10-11am Tour 12pm
29	30					

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Prenatal Education Calendar

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		1	2 Childbirth #1 6:30-9pm	3 Childbirth #1 6:30-9pm Super Sibling 6:30-7:30pm	4	5 CPR 9-11:30am Tour 12pm
6	7 Breastfeeding Class 6:30-9pm Tour 7:30pm	8	9 Childbirth #2 6:30-9pm	10 Childbirth #2 6:30-9pm	11 Weekend Childbirth #1 6:30-9pm	12 Weekend Childbirth #2 9am-2pm
13	14 CPR 6:30-9pm	15	16 Childbirth #3 6:30-9pm	17 Childbirth #3 6:30-9pm	18	19 Safe Sitter <u>9am-3:30pm</u> Sibling 10-11am Tour 12pm
20	21 Tour 7:30 pm	22	23 Childbirth #4/ Infant Care 6:30-9pm	24 Childbirth #4/ Infant Care 6:30-9pm	25	26
27	28 	29	30	31		

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3	4 Breastfeeding Class 6:30-9pm Tour 7:30pm	5	6 Childbirth #1 6:30-9pm	7 Childbirth #1 6:30-9pm	8	9
10	11 CPR 6:30-9pm	12	13 Childbirth #2 6:30-9pm	14 Childbirth #2 6:30-9pm	15	16 CPR 9-11:30am Tour 12pm
17	18 Tour 7:30 pm	19	20 Childbirth #3 6:30-9pm	21 Childbirth #3 6:30-9pm	22	23 Safe Sitter 9am-3:30pm
24	25	26	27 Childbirth #4/ Infant Care 6:30-9pm	28 Childbirth #4/ Infant Care 6:30-9pm	29	30 Sibling 10-11am Tour 12pm

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1	2	3	4 	5	6 Weekend Childbirth #1 6:30-9pm	7 Weekend Childbirth #2 9am-2pm
8	9 Breastfeeding Class 6:30-9pm Tour 7:30pm	10	11 Childbirth #1 6:30-9pm	12	13	14
15	16 CPR 6:30-9pm	17	18 Childbirth #2 6:30-9pm	19	20	21
22	23 Tour 7:30 pm	24	25 Childbirth #3 6:30-9pm	26	27	28 Sibling 10-11am Tour 12pm
29	30	31	8 (Childbirth Class #4 in Aug.)			

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 (from July...) Childbirth #4/ Infant Care 6:30-9pm	2 Super Sibling 6:30-7:30pm	3	4
5	6 Breastfeeding Class 6:30-9pm Tour 7:30pm	7	8 Childbirth #1 6:30-9pm	9 Childbirth #1 6:30-9pm	10 Weekend Childbirth #1 6:30-9pm	11 Weekend Childbirth #2 9am-2pm
12	13 CPR 6:30-9pm	14	15 Childbirth #2 6:30-9pm	16 Childbirth #2 6:30-9pm	17	18 CPR 9-11:30am Tour 12pm
19	20 Tour 7:30 pm	21	22 Childbirth #3 6:30-9pm	23 Childbirth #3 6:30-9pm	24	25 Safe Sitter 9am-3:30pm Sibling 10-11am Tour 12pm
26	27	28	29 Childbirth #4/ Infant Care 6:30-9pm	30 Childbirth #4/ Infant Care 6:30-9pm	31	

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Prenatal Education Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 (Labor Day)	4	5 Childbirth #1 6:30-9pm	6 Childbirth #1 6:30-9pm	7 Weekend Childbirth #1 6:30-9pm	8 Weekend Childbirth #2 9am-2pm
9	10Breastfeeding Class 6:30-9pm Tour 7:30pm	11	12 Childbirth #2 6:30-9pm	13 Childbirth #2 6:30-9pm	14	15 CPR 9-11:30am Tour 12pm
16	17 CPR 6:30-9pm	18	19 Childbirth #3 6:30-9pm	20 Childbirth #3 6:30-9pm	21	22
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SCHEDULE OF EVENTS

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21	22	23	24 Childbirth #4/ Infant Care 6:30-9pm	25 Childbirth #4/ Infant Care 6:30-9pm	26	27 BABY FAIR 9am-12pm
28	29	30 Childbirth #1 6:30-9pm (Nov. class begins)	31 			

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Super Sibling 6:30-7:30pm	2	3 Safe Sitter 9am-3:30pm
4	5 Breastfeeding Class 6:30-9pm Tour 7:30pm	6	7 (*Note class #1 is previous week) Childbirth #2 6:30-9pm	8	9 Weekend Childbirth #1 6:30-9pm	10 Weekend Childbirth #2 9am-2pm
11	12 CPR 6:30-9pm	13	14 Childbirth #3 6:30-9pm	15	16	17 Sibling 10-11am Tour 12pm
18	19 Tour 7:30 pm	20	21 (no class)	22 Thanksgiving	23	24
25	26	27	28 Childbirth #4/ Infant Care 6:30-9pm	29	30	

LAKE NORMAN REGIONAL MEDICAL CENTER

*Multi-class discounts available-10% with 3 classes
*Scholarship program available from MD office
*Prices and classes SUBJECT TO CHANGE. Effective 10-11.



Registration:
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www.lnrmc.com

SCHEDULE OF EVENTS

DECEMBER 2012

Breastfeeding Class is taught by a lactation consultant and includes basic information on how to get started and how to manage nursing during the first few weeks of life. Cost:\$30

Weekday (4 week Series) Childbirth Education Class includes information about the labor process, medical interventions, tour, infant care, postpartum. As well as relaxation techniques, positioning for labor, and breathing techniques. We recommend having completed the class by 37 weeks gestation. Cost:\$75

Weekend (Friday and Saturday) Childbirth Class. A shorter version of the childbirth series and includes information about the labor process, medical interventions, postpartum, tour and a shorter version of the positions for labor, relaxation and breathing techniques. The class does **NOT** include infant care. Cost:\$60

Infant Care Class includes basic infant care skills and growth and development information. Cost:\$20 (\$15 with the weekend childbirth class).

Infant/Child CPR Class includes CPR for infants and children ages birth to 8, management of a choking victim and home and car seat safety. Cost:\$15 per person or \$20 per couple.

Sibling Classes (ages 2-5) /Super Sibling (ages 6-10)This class helps your child better adjust to their upcoming role. Each child will receive a Big Brother/Big Sister T-shirt and a sibling tour. Cost: \$15 per child.

Safe Sitter Babysitting Class is for 11-14 year olds. This one-day class covers basic childcare skills, child choking/injury management, behavior management, how to call for help, safety for the sitter & business skills. Cost:\$45

Free Scheduled Tours of the Storks Landing Maternity Center

****Registration is required for all classes and tours.****

****Class and tour dates, times, & availability are subject to change.****

Prenatal Education Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 CPR 9-11:30am Tour 12pm
2	3 Breastfeeding Class 6:30-9pm Tour 7:30pm	4	5 Childbirth #1 6:30-9pm	6 Childbirth #1 6:30-9pm	7 Weekend Childbirth #1 6:30-9pm	8 Weekend Childbirth #2 9am-2pm
9	10 CPR 6:30-9pm	11	12 Childbirth #2 6:30-9pm	13 Childbirth #2 6:30-9pm	14	15
16	17 Tour 7:30pm	18 Childbirth #4/ Infant Care 6:30-9pm (Wed. class)	19 Childbirth #3 6:30-9pm	20 Childbirth #3 6:30-9pm	21	22 Sibling 10-11am Tour 2pm
23	24	25	26 (*Note Wed. class #4 is previous week)	27 Childbirth #4/ Infant Care 6:30-9pm	28	29
30						

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