

**“Becoming a Mom”
Prenatal Group Sessions
2016 Schedule**

August 2016-

Monday, August 1st:
5-7pm Session 3: Labor and Delivery
7-9pm Session 1: Prenatal Care

Monday, August 8th:
5-7pm Session 5: Infant Care
7-9pm Session 2: Healthy Pregnancy

Monday, August 15th:
5-7pm Session 6: Postpartum and
Interconception Care
7-9pm Session 4: Infant Feeding and
Breastfeeding Basics

September 2016-

Tuesday, September 6th:
5-7pm Session 1: Prenatal Care
7-9pm Session 3: Labor and Delivery

Monday, September 12th:
5-7pm Session 2: Healthy Pregnancy
7-9pm Session 5: Infant Care

Monday, September 19th:
5-7pm Session 4: Infant Feeding and
Breastfeeding basics
7-9pm Session 6: Postpartum and
Interconception Care

October 2016-

Monday, October 3rd:
5-7pm Session 3: Labor and Delivery
7-9pm Session 1: Prenatal Care

Monday, October 10th:
5-7pm Session 5: Infant Care
7-9pm Session 2: Healthy Pregnancy

Monday, October 17th:
5-7pm Session 6: Postpartum and
Interconception Care
7-9pm Session 4: Infant Feeding and
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Interconception Care
7-9pm Session 4: Infant Feeding and
Breastfeeding Basics

November 2016-

Monday, November 7th:

5-7pm Session 1: Prenatal Care

7-9pm Session 3: Labor and Delivery

Monday, November 14th:

5-7pm Session 2: Healthy Pregnancy

7-9pm Session 5: Infant Care

Monday, November 21st:

5-7pm Session 4: Infant Feeding and Breastfeeding basics

7-9pm Session 6: Postpartum and Interconception Care

December 2016-

Monday, December 5th:

5-7pm Session 3: Labor and Delivery

7-9pm Session 1: Prenatal Care

Monday, December 12th:

5-7pm Session 5: Infant Care

7-9pm Session 2: Healthy Pregnancy

Monday, December 19th:

5-7pm Session 6: Postpartum and Interconception Care

7-9pm Session 4: Infant Feeding and Breastfeeding Basics

SESSIONS LOCATED AT:

Hutchinson Regional Medical Center
1701 E 23rd Avenue
Hutchinson, KS 67502
Conference Room B and C

Registration and Questions:

Tamra Andsager, RN
620.259.8444

tamra.andsager@renogov.org

For in-depth classroom materials go to:

<http://www.renogov.org/582/Becoming-a-mom>

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