

# Women's Health Center

## Prenatal Health Education Classes April 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>♥ <b>Childbirth Preparation Lamaze</b> Please register by your seventh month of pregnancy</p> <p>♥ <b>California Hospital Hospital Maternity Tours</b> to inform you about your delivery</p> <p>♥ <b>Clinic Orientations</b> will guide to your prenatal care in the Women's Health Center.</p> <p>♥ <b>Baby Showers</b> Luch, Gift and celebration for clients after 10 <u>Prenatal Classes</u></p> <p>♥ <b>Baby Library</b> You may borrow books and videos from our Baby Library for free.</p> <p>♥ <b>Breastpump Rentals and Breastfeeding support</b> after you have your baby.</p>						<b>1</b> <u>12:00pm</u> <b>Childbirth Preparation</b> <b>Lamaze # 1</b>
	3	4 11:00 AM Nutrition During Pregnancy	5 2:00pm <u>New Patient Orientation</u> 6:30PM <u>MATERNITY HOSPITAL TOUR</u> California Hospital Leavey Hall - Room 112 Dinner and orientation	6	7 2:00PM Baby Care  3:00PM Infant Safety	8 12:00pm <u>Childbirth Preparation</u> <b>Lamaze # 2</b>  1:00 PM <u>MATERNITY HOSPITAL TOUR</u> California Hospital Main Lobby
	10	11 11:00AM Working and Breastfeeding	12 11:00am New Mothers Group	13	14	15 12:00pm <u>Childbirth Preparation</u> <b>Lamaze # 3</b>
	17	18 10:00AM Diabetes during Pregnancy	19 11:00am Breastfeeding your Baby 2:00pm <u>MATERNITY HOSPITAL TOUR</u> Prenatal Classroom # 804	20	21 2:00pm Family Planning 3:00 Sterilization and Vasectomy	22 12:00pm <u>Childbirth Preparation</u> <b>Lamaze # 4</b>
	24 10:30 am <u>New Patient Orientation</u>	25 2:00 PM Healthy Pregnancy  3:00 PM Preventing a Premature Labor	26 11:00am New Mothers Group Come 1-2 weeks after delivery with of your baby for a feeding and weight check up 1:00 PM <u>Baby Shower</u> Lunch and Gifts!	27	28 2:00 PM The Birth of Your Baby  3:00 PM Mom's Care After Delivery	29
	<p><b>WOMEN'S HEALTH CENTER</b>  Prenatal Education Classroom # 804  1401 S. Grand Avenue Suite 801  Los Angeles, CA 90015  213-742-6437 or 213-742-6345</p>					

# Women's Health Center

## Clases de Educacion Prenatal Abril 2006

Domingo	Lunes	Martes	Miercoles	Jueves	Viernes	Sabado
<p>♥ <b>Cursos de Preparacion para Parto Lamaze</b> para todas las madres en siete meses de embarazo.</p> <p>♥ <b>Recorridos de Maternidad al Hospital California</b> y registracion para el parto.</p> <p>♥ <b>Orientacion Especial de Bienvenida.</b> Para orientarle en su cuidado prenatala.</p> <p>♥ <b>Baby Showers</b> para las mujeres que completan 10 classes.</p> <p>♥ <b>Biblioteca del Bebe.</b> Rente videos y libros. gratis</p> <p>♥ <b>Ayuda para Dar Pecho y Renta de Bombas Electricas</b> para sacar leche</p>						<p><b>1</b> 9:00 AM <u>Clase de Preparacion para Parto # 1</u></p>
	<p><b>3</b> 9:30am <u>Orientacion para Nuevas Pacientes</u></p> <p>1:00pm Cuidado del Bebe 2:00pm Seguridad Infantil</p>	<p><b>4</b> 11:00am Nutricion Durante el Embarazo</p> <p>2:00pm Planificacion Familiar 3:00pm Esterilizacion</p>	<p><b>5</b> 9:30am <u>Grupo para Nuevas Mamas v sus Bebes</u></p> <p>6:30PM <b>RECORRIDO AL AREA DE MATERNIDAD</b> Keck Hall-Leavey Hall <u>Cena y orientacion</u></p>	<p><b>6</b></p>	<p><b>7</b> 10:00AM <u>Clase de Preparacion para Parto # 1</u></p>	<p><b>8</b> 9:00 AM <u>Clase de Preparacion para Parto # 2</u></p> <p>9:00AM <b>RECORRIDO AL AREA DE MATERNIDAD</b> California Hospital Main Lobby</p>
	<p><b>10</b></p>	<p><b>11</b> 9:00am Cuidado despues del Parto 1:00pm Embarazo Saludable 2:00pm Parto Prematuro</p>	<p><b>12</b> 9:30am Grupo para Nuevas Mamas y sus Bebes 2:00pm <u>Orientacion para Nuevas Pacientes</u></p>	<p><b>13</b></p>	<p><b>14</b> 10:00am <u>Clase de Preparacion para Parto # 2</u></p>	<p><b>15</b> 9:00 AM <u>Clase de Preparacion para Parto # 3</u></p>
	<p><b>17</b> 9:30am <u>Orientacion para Nuevas Pacientes</u></p>	<p><b>18</b> 10:00AM Diabetes during Pregnancy</p>	<p><b>19</b> 9:00am Aprendiendo a Dar Pecho</p>	<p><b>20</b> 10:00am Planificacion Familiar 11:00am Esterilizacion y Vasectomia</p> <p>2:00pm Bebe Sano 3:00 Alimentacion del Bebe</p>	<p><b>21</b> 10:00am <u>Clase de Preparacion para Parto # 3</u></p>	<p><b>22</b> 9:00 AM <u>Clase de Preparacion para Parto # 4</u></p> <hr/> <p><b>29</b> 9:00AM <b>RECORRIDO AL AREA DE MATERNIDAD</b> California Hospital Main Lobby</p>
	<p><b>24</b> 9:00am Cesarea y VBAC</p> <p>2:00pm Aprendiendo a Dar Pecho</p>	<p><b>25</b> 9:00am Embarazo Saludable 10:00am Parto y Nacimiento</p>	<p><b>26</b> 9:30am <u>Grupo para Nuevas Mamas v sus Bebes</u></p> <p>1:00 PM <b>Baby Shower</b> Almuerzo y regalos</p>	<p><b>27</b></p>	<p><b>28</b> 10:00am <u>Clase de Preparacion para Parto # 4</u></p>	<p>2:00pm <u>Orientacion para Nuevas Pacientes</u></p>
<p><b>WOMEN'S HEALTH CENTER</b> Salon de Clases Prenatales # 804, 1401 S. Grand Avenue Suite 801, Los Angeles, CA 90015 213-742-6437 or 213-742-6345</p>						

