



# OB EDUCATION & CHILDBIRTH CLASSES

## September 2019

Truman Medical Center Health Sciences District 2301 Holmes Kansas City, MO 64108

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
		9-11 am Diabetes Education 1-2:30 pm Baby Cafe 3-4 pm NICU Support Group		1-3 pm En Español Childbirth Class Understanding pregnancy, Natural Birth Techniques, tour	1-3 pm Diabetes Education (En Español)	
8	9	10	11	12	13	14
		9-11 am Diabetes Education 1-2:30 pm Baby Cafe		1-3 pm En Español Childbirth Class Understanding comfort techniques, medical procedures, c-section	1-3 pm Diabetes Education (En Español)	9 am - 4 pm Childbirth class marathon (If there are no class participants by 9:30, class will be canceled.)
15	16	17	18	19	20	21
		9-11 am Diabetes Education 1-2:30 pm Baby Cafe 3-4 pm NICU Support Group	2-3:30 pm Safe Sleep/SIDS	1-3 pm En Español Childbirth Class Understanding post-partum, newborn	1-3 pm Diabetes Education (En Español)	
22	23	24	25	26	27	28
		9-11 am Diabetes Education 1-2:30 pm Baby Cafe 3-4 pm NICU Support Group	1:30-4:30 pm Newborn Care Class		1-3 pm Diabetes Education (En Español)	
29	30					

All classes are held in the Family Education Center on the 6th Floor by the GYN Specialty Clinic  
**Baby Cafe** is a breastfeeding support meeting for new mothers to attend after delivery. Registration is required for childbirth classes. Call 816-404-4124. Register at least 48 hours prior to class.

**Lactation Services offer free, one-on-one, prenatal breastfeeding education. Call 404-0474 to schedule an appointment.**