


OB EDUCATION & CHILDBIRTH CLASSES January 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
All classes are held in the Family Education Center on the 6th Floor by the GYN Specialty Clinic Women's Wellness Support Group is for any woman who is pregnant. 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.						
				1-3 pm En Español Childbirth Class Understanding pregnancy, Natural Birth Techniques, tour		
6	7	8	9	10	11	12
	2:30 -4 pm Women's Wellness	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 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.)
13	14	15	16	17	18	19
	2:30 -4 pm Women's Wellness	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)	
20	21	22	23	24	25	26
	2:30 -4 pm Women's Wellness	9-11 am Diabetes Education 1-2:30 pm Baby Cafe 3-4 pm NICU Support Group	1:30-4:30 pm Newborn Care		1-3 pm Diabetes Education (En Español)	
27	28	29	30	31		
	2:30 -4 pm Women's Wellness				Lactation Services offer free, one-on-one, prenatal breastfeeding education. Call 404-0474 to schedule an appointment.	