

Childbirth Education Schedule
January, 2010 through December, 2010

To register, please call 616-685-4000

Saint Mary's Health Care Downtown Location

Saturday Childbirth Education Classes – 9 a.m. – 2 p.m.

01/09/2010	Kristy Bashore	07/10/2010	Kristy Bashore	Wege 1-2-3
01/23/2010	Kim Quigg	07/24/2010	Kim Quigg	30 chairs, classroom style
02/13/2010	Kim Quigg	08/07/2010	Kim Quigg	30 mins before & after for
02/27/2010	Kim Quigg	08/21/2010	Kim Quigg	set up and clean up
03/13/2010	Kim Quigg	09/11/2010	Kim Quigg	
03/27/2010	Kristy Bashore	09/25/2010	Kristy Bashore	
04/10/2010	Kim Quigg	10/09/2010	Kim Quigg	
04/24/2010	Kim Quigg	10/23/2010	Kim Quigg	
05/08/2010	Kim Quigg	11/06/2010	Kim Quigg	
05/22/2010	Kim Quigg	11/20/2010	Kim Quigg	
06/05/2010	Kristy Bashore	12/04/2010	Kim Quigg	
06/19/2010	Kim Quigg	12/18/2010	Kristy Bashore	

Five Week Monday Night Childbirth Education Classes - 7 p.m. – 9 p.m.

March 1, 8, 15, 22, 29	Julie Polanic	Wege 1-2-3 except:
May 3, 10, 17, 24, June 7	Julie Polanic	Wege 7-9 - 3/8, 5/10, 8/9, 10/11, 12/13
August 2, 9, 16, 23, 30	Kim Quigg	(conflicts with Medical Exec meeting on these dates)
October 4, 11, 18, 25, November 1 -	Julie Polanic	30 chairs, classroom style
November 22, 29, December 6, 13, 20 -	Kristy Bashore	30 mins before/after for set up/clean up

Sibling Preparation – 6:30 p.m. – 8:30 p.m.

Tuesday, February 9	Lynn Pall	Wege 1-2-3
Tuesday, April 13	Jonelle Lund	30 chairs, classroom style
Tuesday, June 15	Lynn Pall	30 mins before/after for set up/clean up
Tuesday, August 10	Lynn Pall	
Tuesday, October 12	Jonelle Lund	
Tuesday, December 14	Jonelle Lund	

Basic Breastfeeding – Tuesday's 7 p.m. – 9 p.m.

January 19	- Jonelle Lund	
March 16	- Jonelle Lund	Wege 1-2-3
May 18	- Jonelle Lund	30 chairs, classroom style
July 20	- Jonelle Lund	30 mins before/after - set up/clean up
September 21	- Jonelle Lund	
November 16	- Jonelle Lund	

**** Breastfeeding Support Group Each Monday, 12:30-2 pm in Wege 14 (except 3/8, Wege 11)**

Infant & Child CPR Class –held Tuesday’s and Saturday’s – Cathy Emery Instructor

10-12:30 Sat, 7-9 pm Tues

Tuesday, January 12, 2010	Wege 1-2-3	30 chairs, classroom style
Tuesday, February 16, 2010	Wege 1-2-3	30 mins before/after - set up/clean up
Saturday, March 20, 2010	Wege 1-2-3	
Tuesday, April 20, 2010	Wege 1-2-3	
Tuesday, May 18, 2010	Wege 7-9 (conflicts with breastfeeding class in Wege 1-2-3)	
Saturday, June 12, 2010	Wege 1-2-3	
Tuesday, July 20, 2010	Wege 7-9 (conflicts with breastfeeding class in Wege 1-2-3)	
Tuesday, August 17, 2010	Wege 1-2-3	
Saturday, September 18, 2010	Wege 1-2-3	
Tuesday, October 19, 2010	Wege 1-2-3	
Tuesday, November 9, 2010	Wege 1-2-3	
Saturday, December 11, 2010	Wege 1-2-3	

Classes at the Southwest Campus, 2373 64th Street S.W., Byron Center

Five Week Tuesday Evening Childbirth Ed.; Grand Conference Room; 7-9 p.m.

Dorothy Hubbard – Instructor

January 19, 26, February 2, 9, 16
April 6, 13, 20, 27, May 4
July 6, 13, 20, 27, August 3
September 7, 14, 21, 28, October 5.
November 2, 9, 16, 23, 30

Basic Breastfeeding – Grand Conference Room – Thursday evenings 7-9 p.m.

Jonelle Lund – Instructor

February 18
April 15
June 17
August 19
October 21
December 16

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Educators

Kristy Bashore	(5 week, Saturday)
Cathy Emery	(Infant CPR)
Dorothy Hubbard	(5 wk; Saturday; Breastfeeding)
Jonelle Lund	(Breastfeeding, Sibling)
Lynn Pall	(Sibling, 5 week)
Julie Polanic	(5 week)
Kim Quigg	(Saturday, 5 week)
Becky Nauta	Manager
Kathy Pitzen	Director