



THE UNIVERSITY OF ARIZONA MEDICAL CENTER

Parent Education 2012 Schedule of Classes

For more information or to register for a class please call: 520-694-MOMS(6667)

Lamaze Mondays – 6-8:15 p.m. / 6 week series

2/20 – 3/26

4/9 – 5/14

6/4 – 7/9

7/16 – 8/20

9/24 – 10/29

11/1 – 12/17 (skips 11/12 for Veteran's Day)

Lamaze Tuesdays – 6-8:15 p.m. / 6 week series

2/7 – 3/13

3/27 – 5/1

5/15 – 6/19

7/3 – 8/7

8/21 – 9/25

10/9 – 11/13

11/27 – 1/8/13 (skips 12/25 for Christmas)

Lamaze Wednesdays – 6-8:15 p.m. / 6 week series

1/11 – 2/15

9/5 – 10/10

Lamaze Weekend – 9:15 a.m.-3:45 p.m. / Saturday & Sunday

1/14 & 15

2/4 & 5

3/3 & 4

4/14 & 15

5/5 & 6

6/2 & 3

7/14 & 15

8/4 & 5

9/15 & 16

10/6 & 7

11/3 & 4

12/1 & 2

HypnoBirthing® - 6-8:30 p.m. Thursdays / 5 week series

1/12 - 2/9

2/23 - 3/22

3/29 - 4/26

5/10 - 6/7

6/14 - 7/12

7/19 - 8/16

9/13 - 10/11

11/1 - 12/6 (skips 11/22 for Thanksgiving)

Maternity Tour - 7-9 p.m. Mondays

1/9

1/23

2/6

2/20

3/5

3/19

4/2

4/16

5/7

5/21

6/4

6/18

7/2

7/16

8/6

8/20

9/10

9/24

10/8

10/22

11/5

11/19

12/3

12/17

Baby Basics - 5-7:30 p.m. Fridays

1/20

2/17

3/16

4/20

5/18

6/15

7/20

8/17

9/21

10/19

11/16

12/14

Big Brother / Big Sister – 5-7 p.m. Fridays

1/13
2/10
3/9
4/13
5/11
6/8
7/13
8/10
9/14
10/12
11/9
12/7

CPR – 6-8:30 p.m. Thursdays

1/5
1/26
2/16
3/8
3/29
4/19
5/10
5/31
6/21
7/12
8/2
8/23
9/13
10/4
10/25
11/15
12/6

Breastfeeding – 6-8:30 p.m. Tuesdays

1/10
2/7
3/13
4/10
5/8
6/12
7/10
8/14
9/11
10/9
11/13
12/11

Baby Sign – 10 a.m.-noon Saturdays / 2-week series

1/7 & 14
2/4 & 11
3/3 & 10
4/14 & 21
5/5 & 12
6/9 & 16
8/4 & 11
9/8 & 15
10/6 & 13
11/3 & 10
12/1 & 8

Childbirth Education at St. Elizabeth's / Fridays/ 1-3:30 p.m. / 3 week series

1/13, 20 & 27 – English
2/3, 10 & 17 – Spanish
3/2, 9 & 16 – English
4/13, 20 & 27 – Spanish
5/4, 11 & 18 – English
6/1, 8 & 15 – Spanish
7/13, 20 & 27 – English
8/3, 10 & 17 – Spanish
9/14, 21 & 28 – English
10/5, 12 & 19 – Spanish
11/2, 9 & 16 – English
12/7, 14 & 21 – Spanish

*Healthy Pregnancy
Class Schedule
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Healthy Pregnancy Class 2012

Please join us as early in your pregnancy as possible for a free Healthy Pregnancy class during which we will share with you important information to help insure that you have the healthiest pregnancy possible for yourself and your baby. Topics will include: prenatal nutrition, exercise and other lifestyle considerations as well as information about how your baby is growing, prenatal care and how to recognize signs of pre-term labor or other health problems. Class is offered in both English and Spanish.

Offered in English and Spanish as shown below

***Registration required through the clinic at: 694-6010 or through the
MOM'S line at: 694-MOMS***

English (Spanish dates given below)

2/9 Thursday – 1:15 – 2:45 pm Room 8403
2/16 Thursday – 1:15 – 2:45 pm Room 8403
3/1 Thursday – 1:15 – 2:45 pm Room 8403
3/8 Thursday – 1:15 – 2:45 pm Room 8403
3/22 Thursday – 1:15 – 2:45 pm Room 8403
3/29 Thursday – 1:15 – 2:45 pm Room 8403
4/9 Monday – 5:30 – 7:30 pm Room 7504
4/12 Thursday – 1:15 – 2:45 pm Room 8403
4/19 Thursday – 1:15 – 2:45 pm Room 8403
4/23 Monday – 5:30 – 7:30 pm Room 7504
5/3 Thursday – 1:15 – 2:45 pm Room 8403
5/3 Thursday – 5:30 – 7:30 pm Room 7504
5/10 Thursday – 1:15 – 2:45 pm Room 8403
5/14 Monday – 5:30 – 7:30 pm Room 7504
5/23 Wednesday – 5:30 – 7:30 pm Room 7504
5/24 Thursday – 1:15 – 2:45 pm Room 8403
5/28 Monday – 5:30 – 7:30 pm Room 7504
5/31 Thursday – 1:15 – 2:45 pm Room 8403
6/11 Monday – 5:30 – 7:30 pm Room 7504
6/14 Thursday – 1:15 – 2:45 pm Room 8403
6/25 Monday – 5:30 – 7:30 pm Room 7504
6/28 Thursday – 1:15 – 2:45 pm Room 8403
7/9 Monday – 5:30 – 7:30 pm Room 7504
7/12 Thursday – 1:15 – 2:45 pm Room 8403
7/23 Monday – 5:30 – 7:30 pm Room 7504
7/26 Thursday – 1:15 – 2:45 pm Room 8403
8/1 Wednesday – 5:30 – 7:30 pm Room 7504
8/8 Wednesday – 5:30 – 7:30 pm Room 7504

8/16 Thursday – 1:15 – 2:45 pm Room 8403
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9/6 Thursday – 1:15 – 2:45 pm Room 8403
9/6 Thursday – 5:30 – 7:30 pm Room 7504
9/17 Monday – 5:30 – 7:30 pm Room 7504
9/20 Thursday – 1:15 – 2:45 pm Room 8403
9/27 Thursday – 5:30 – 7:30 pm Room 7504
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10/15 Monday – 5:30 – 7:30 pm Room 7504
10/25 Thursday – 1:15 – 2:45 pm Room 8403
10/29 Monday – 5:30 – 7:30 pm Room 7504
11/1 Thursday – 1:15 – 2:45 pm Room 8403
11/8 Thursday – 5:30 – 7:30 pm Room 7504
11/15 Thursday – 1:15 – 2:45 pm Room 8403
11/26 Monday – 5:30 – 7:30 pm Room 7504
12/5 Wednesday – 5:30 – 7:30 pm Room 7504
12/6 Thursday – 1:15 – 2:45 pm Room 8403
12/13 Thursday – 1:15 – 2:45 pm Room 8403
12/13 Thursday – 5:30 – 7:30 pm Room 7504

Spanish

2/23 Thursday – 1:15 – 2:45 pm Room 8403
3/15 Thursday – 1:15 – 2:45 pm Room 8403
4/5 Thursday – 1:15 – 2:45 pm Room 8403
4/26 Thursday – 1:15 – 2:45 pm Room 8403
5/9 Wednesday – 5:30 – 7:30 pm Room 7504
5/17 Thursday – 1:15 – 2:45 pm Room 8403
6/6 Wednesday – 5:30 – 7:30 pm Room 7504
6/7 Thursday – 1:15 – 2:45 pm Room 8403
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10/18 Thursday – 1:15 – 2:45 pm Room 8403
11/8 Thursday – 1:15 – 2:45 pm Room 8403
11/12 Monday – 5:30 – 7:30 pm Room 7504
11/29 Thursday – 1:15 – 2:45 pm Room 8403
12/19 Wednesday – 5:30 – 7:30 pm Room 7504
12/20 Thursday – 1:15 – 2:45 pm Room 8403