



## Wyoming County Health Department Expectant Parent Classes

The Wyoming County Health Department offers the five-module Expectant Parent Classes four times a year. Classes are held in the evenings, from 6:30pm to 8:30pm. Topics covered in the classes include:

- **Normal changes of pregnancy**
- **Complications of pregnancy**
- **Nutrition**
- **Breast and bottle feeding**
- **Labor and delivery (includes a hospital tour)**
- **Cesarean delivery**
- **Postpartum care**
- **Pain management and Breathing Techniques**
- **Newborn care and safety issues**
- **Contraception options**

The classes are held at the Wyoming County Health Department, located at 5362 Mungers Mill Road, Building A, Silver Springs, New York 14550. The fee is \$20.00. If all five classes are attended, you will be refunded \$10.00. Appointments can be made by calling 585-786-8890.

### 2010 EXPECTANT PARENT CLASS DATES:

MARCH	JUNE	SEPTEMBER	NOVEMBER
Monday, March 1 <sup>st</sup>	Thursday, June 3 <sup>rd</sup>	Thursday, Sept. 9 <sup>th</sup>	Monday, Nov. 1 <sup>st</sup>
Thursday, March 4 <sup>th</sup>	Monday, June 7 <sup>th</sup>	Monday, Sept. 13 <sup>th</sup>	Thursday, Nov. 4 <sup>th</sup>
Monday, March 8 <sup>th</sup>	Thursday, June 10 <sup>th</sup>	Thursday, Sept. 16 <sup>th</sup>	Monday, Nov. 8 <sup>th</sup>
Thursday, March 11 <sup>th</sup>	Monday, June 14 <sup>th</sup>	Monday, Sept. 20 <sup>th</sup>	Thursday, Nov. 15 <sup>th</sup>
Monday, March 15 <sup>th</sup>	Thursday, June 17 <sup>th</sup>	Thursday, Sept. 23 <sup>rd</sup>	Monday, Nov. 18 <sup>th</sup>