

## 2019 PRENATAL CLASSES

Classes are from 10 AM to 12 Noon

K Building - 6<sup>th</sup> Floor, Women's Clinic

Highland Hospital 1411 East 31<sup>st</sup> Street, Oakland CA, 94602

***¡ Ahora tenemos clases en español !***

***Las clases son de 10 AM a 12PM - Edificio K – Piso 6 – Clinica de Mujeres***

|                                |   |  |   |   |  |
|--------------------------------|---|--|---|---|--|
| January 2019<br><i>enero</i>   | January 7<br>Preparing for<br>Childbirth                          | January 14<br>Preparing for<br>Childbirth                          | January 21<br>No Class or Tour              | January 28<br>Breastfeeding<br>& Newborn Care                                       |  |
| February<br><i>febrero</i>     | February 4<br>Preparing for<br>Childbirth                         | February 11<br><i>Preparacion para el<br/>parto * en español *</i> | February 18<br>No Class or Tour             | February 25<br>Breastfeeding<br>& Newborn Care                                      |  |
| March<br><i>marzo</i>          | March 4<br>Preparing for<br>Childbirth                            | March 11<br>Preparing for<br>Childbirth                            | March 18<br>Car seat & Infant<br>Safety     | March 25<br>Breastfeeding<br>& Newborn Care   |  |
| April<br><i>abril</i>          | April 1<br>Preparing for<br>Childbirth                            | April 8<br><i>Preparacion para el<br/>parto * en español *</i>     | April 15<br>Car seat & Infant<br>Safety     | April 22<br><i>Lactancia y cuidado<br/>del recién nacido<br/>* en español *</i>     | April 29<br>Breastfeeding<br>& Newborn Care                                    |
| May<br><i>mayo</i>             | May 6<br>Preparing for<br>Childbirth                              | May 13<br>Preparing for<br>Childbirth                              | May 20<br>Car seat & Infant<br>Safety       | May 27<br>No class or Tour  |  |
| June<br><i>junio</i>           | June 3<br><i>Preparacion para el<br/>parto * en español *</i>     | June 10<br>Preparing for<br>Childbirth                             | June 17<br>Car seat & Infant<br>Safety      | June 24<br>Breastfeeding<br>& Newborn Care  |  |
| July<br><i>julio</i>           | July 1<br>Preparing for<br>Childbirth                             | July 8<br>Preparing for<br>Childbirth                              | July 15<br>Car seat & Infant<br>Safety      | July 22<br>Breastfeeding<br>& Newborn Care  | July 29<br><i>Lactancia y cuidado<br/>del recién nacido<br/>* en español *</i> |
| August<br><i>agosto</i>        | August 5<br>Preparing for<br>Childbirth                           | August 12<br><i>Preparacion para el<br/>parto * en español *</i>   | August 19<br>Car seat & Infant<br>Safety    | August 26<br>Breastfeeding<br>& Newborn Care  |  |
| September<br><i>septiembre</i> | September 2<br>No Class or Tour                                   | September 9<br>Preparing for<br>Childbirth                         | September 16<br>Car seat & Infant<br>Safety | September 23<br><i>Lactancia y cuidado<br/>del recién nacido<br/>* en español *</i> | September 30<br>Breastfeeding<br>& Newborn Care                                |
| October<br><i>octubre</i>      | October 7<br><i>Preparacion para el<br/>parto * en español *</i>  | October 14<br>Preparing for<br>Childbirth                          | October 21<br>Car seat & Infant<br>Safety   | October 28<br>Breastfeeding<br>& Newborn Care                                       |  |
| November<br><i>noviembre</i>   | November 4<br>Preparing for<br>Childbirth                         | November 11<br>No Class or Tour                                    | November 18<br>Car seat & Infant<br>Safety  | November 25<br>Breastfeeding<br>& Newborn Care                                      |  |
| December<br><i>diciembre</i>   | December 2<br><i>Preparacion para el<br/>parto * en español *</i> | December 9<br>Preparing for<br>Childbirth                          | December 16<br>Car seat & Infant<br>Safety  | December 23<br>Breastfeeding<br>& Newborn Care                                      | December 30<br>No Class or Tour  |
| January 2020<br><i>enero</i>   | January 6<br>Preparing for<br>Childbirth                          | Jan 13<br>Breastfeeding<br>& Newborn Care                          | January 20<br>No Class or Tour              | January 27<br><i>Lactancia y cuidado<br/>del recién nacido<br/>* en español *</i>   |  |

### **Labor & Delivery Tours**

Tours of the Family Birth Center will be held at Noon on Mondays. Please meet in the Labor & Delivery waiting room on the 4<sup>th</sup> floor of the ACT (Acute Care Tower). No tours on Holidays.

**Los recorridos de Hospital son los Lunes a Mediodía. Nos reuniremos en la sala de espera, Piso 4 del ACT.**

For tour information, please call / *Para información de recorrido, llame: (510) 437-4278*

For additional class or tour information, please call / *Para información adicional, llame: (510) 437-4778*