

After the Birth

Breastfeeding and Returning to Work or School: 3-5 p.m.

This class should be taken 4-6 weeks postpartum. What you need to know about breastfeeding and returning to work or school. Pumping and storing milk included. Partners and caregivers are encouraged to attend.

Wednesdays: 2/7, 3/7, 4/4, 5/2, 6/6

Infant Massage: \$10; 6-7 p.m.

Parents learn to massage their babies with a loving touch that helps promote healthy physical and emotional development.

Tuesdays: 1/30, 2/27, 3/13, 4/10, 5/15, 6/19

Thursdays: 2/1, 3/1, 3/15, 4/12, 5/17, 6/21