

After the Birth

Breastfeeding and Returning to Work or School: No fee; 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: 7/25, 8/8, 9/12, 10/24, 11/14, 12/12

Infant Massage: \$10; 5-6 p.m.

Parents learn to massage their babies with a loving touch that helps promote healthy physical and emotional development. It is recommended to take two classes. Can be taken before birth also.

Tuesdays: 7/17, 8/14, 9/11, 10/23, 11/13

Thursdays: 7/19, 8/16, 9/13, 10/25, 11/20