

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: 1/16, 2/13, 3/13

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: 1/15, 2/12, 3/12

Thursdays: 1/17, 2/14, 3/14