



OB EDUCATION & CHILDBIRTH CLASSES February 2019

Truman Medical Center Health Sciences District 2301 Holmes Kansas City, MO 64108

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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All classes are held in the Family Education Center on the 6th Floor by the GYN Specialty Clinic
Women's Wellness Support Group is for any woman who is pregnant.
Baby Cafe is a breastfeeding support meeting for new mothers to attend after delivery. Registration is required for childbirth classes. Call 816-404-4124. Register at least 48 hours prior to class.

Lactation Services offer free, one-on-one, prenatal breastfeeding education. Call 404-0474 to schedule an appointment.

2:30 -4 pm
Women's Wellness

2:30 -4 pm
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Women's Wellness

9-11 am
Diabetes Education
1-2:30 pm
Baby Cafe
3-4 pm
NICU Support Group

9-11 am
Diabetes Education
1-2:30 pm
Baby Cafe
3-4 pm
NICU Support Group

9-11 am
Diabetes Education
1-2:30 pm
Baby Cafe
3-4 pm
NICU Support Group

9-11 am
Diabetes Education
1-2:30 pm
Baby Cafe
3-4 pm
NICU Support Group

1:30-4:30 pm
Newborn Care

1-3 pm En Español
Childbirth Class
Understanding pregnancy,
Natural Birth Techniques, tour

1-3 pm En Español
Childbirth Class
Understanding comfort techniques,
medical procedures, c-section

1-3 pm En Español
Childbirth Class
Understanding post-partum,
newborn

1-3 pm
Diabetes Education
(En Español)

1-3 pm
Diabetes Education
(En Español)

1-3 pm
Diabetes Education
(En Español)

1-3 pm
Diabetes Education
(En Español)

9 am - 4 pm
Childbirth class marathon
(If there are no class
participants by 9:30, class
will be canceled.)

