

OB EDUCATION & CHILDBIRTH CLASSES December 2017

Truman Medical Center Hospital Hill 2301 Holmes Kansas City, MO 64108

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

2

All classes are held in the Family Education Center on the 6th Floor by the GYN Specialty Clinic
 Parent Cafe is a support group during pregnancy and after delivery held at the Healing Canvas, 300 W. 19th Terr. To register call 816-404-7873.
 Baby Cafe is a breastfeeding support meeting for new mothers to attend after delivery. Once you deliver your baby at TMC Hospital Hill, attend 3 meetings and you receive an electric breast pump. Registration is required for childbirth classes To register, call 816-404-2846 or 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.

We're Baby Friendly!



1-3 pm
 Diabetes Education
 (En Español)

3

4

5

6

7

8

9

9-11 am
 Diabetes Education
 1-2:30 pm
 Baby Cafe

1-3 pm En Español
 6-8 pm English
 Childbirth Class
 Understanding pregnancy,
 Natural Birth Techniques, tour

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)

10

11

12

13

14

15

16

9-11 am
 Diabetes Education
 1-2:30 pm
 Baby Cafe

1-3 pm En Español
 6-8 pm English
 Childbirth Class
 Understanding comfort techniques
 medical procedures, c-section

1-3 pm
 Diabetes Education
 (En Español)

17

18

19

20

21

22

23

9-11 am
 Diabetes Education
 1-2:30 pm
 Baby Cafe

2-3:30 pm
 Safe Sleep/SIDS

1-3 pm En Español
 6-8 pm English
 Childbirth Class
 Understanding post-partum,
 newborn

1-3 pm
 Diabetes Education
 (En Español)

24

25

26

27

28

29

30

31



1-2:30 pm
 Baby Cafe