## 2010 Family Life Education Schedule

**Healthy Beginnings Tour ADULTS ONLY**

Location: lounge area by Three Bears Gift shop in Critical Care Hospital Main Floor  
**Sunday 3:00-4:00**  
4/18, 5/23, 7/11, 8/29, 9/19, 11/7  
**Monday 7:00-8:00**  
3/1, 6/7, 10/4, 12/13

**Childbirth Preparation ADULTS ONLY**

**Wednesdays 7-9**  
Location: Stony Point  
Dates: 1/6-1/27, 3/24-4/14, 6/9-6/30, 8/11-9/1, 10/6-10/27, 1/5-1/26/2011  
**Thursdays 7-9**  
Location: Main Hospital 8th floor room 210  
Dates: 2/4-2/25, 4/29-5/20, 7/15-8/5, 12/2-12/16*  
Due to holiday 3 classes 7-9:30  
**Saturdays: 9-4**  
Location: Stony Point  
Dates: 5/22, 7/10, 11/16  
Location: Main Hospital 8th floor room 210  
Dates: 2/6

**Breastfeeding: ADULTS ONLY**

**Tuesday 2-4pm**  
Location: MCV Centering Classroom Nelson Clinic 5th floor  
Dates: 3/30, 6/29, 8/30, 11/30

**Wednesday 7-9pm**  
Location: Stony Point  
Dates: 2/21, 5/12, 7/28, 9/22, 11/17

**Thursday 7-9pm**  
Location: Main Hospital 8th floor room 210  
Dates: 1/28, 6/3, 10/28, 1/27/2011

**Saturday 1-3p**  
Location: Stony Point  
1/9, 4/14, 8/28,
Newborn Parenting ADULTS ONLY

**Wednesday 7-9pm**  
Location: Stony Point  
Dates: 2/3-2/10, 5/19-5/26, 7/14-7/21, 9/8-9/15

**Thursday 7-9**  
Location: Main Hospital 8th floor room 210  

**Saturday 9-12:30**  
Location: Stony Point  
Dates: 1/9, 4/17, 8/28

Postpartum Breastfeeding Support Group

**Tuesday 3:30-4:30**  
Location: MCV Centering Classroom, Nelson Clinic 5th Floor  
Dates: 1/5, 2/2, 3/2, 4/6, 5/4, 6/1, 7/6, 8/3, 9/7

Location: Stony Point:  
Dates: 1/19, 2/16, 3/16, 5/18, 6/15, 7/20, 8/17, 9/21, 10/19, 11/16

Daddy Boot Camp

**Saturday 9-12**  
Location: Stony Point  
Dates: 2/20, 6/26, 12/11  
Location: Main Hospital 8th floor room 210  
4/10, 10/23

Infant CPR

**Tuesday 7-9**  
Location: Main Hospital 8th floor room 210  
Dates: 3/9, 6/8, 9/14, 12/14  
Location: Stony Point  
Dates: 1/12, 2/9, 4/13, 5/11, 7/13, 8/10, 10/12, 11/9, 1/11/2011

*For more information & registration call: 828-4409*