

Together, we will prepare for bundles of joy.



2017 Prenatal Class Schedule

All classes meet at Riverwood Healthcare Center at 200 Bunker Hill Drive in Aitkin. To register, call Riverwood Education at (218) 927-5552. Each session offers a series of five consecutive classes for expecting parents, plus a sixth session for grandparents.

Winter Session (6:30-8:30PM)

JAN 3	JAN 10	JAN 17	JAN 24	JAN 31	FEB 7
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Spring Session (6:30-8:30PM)

MAR 7	MAR 14	MAR 21	MAR 28	APR 4	APR 11
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Summer Session (6:30-8:30PM)

MAY 2	MAY 9	MAY 16	MAY 23	MAY 30	JUN 6
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Early Fall Session (6:30-8:30PM)

AUG 29	SEP 5	SEP 12	SEP 19	SEP 26	OCT 3
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Late Fall Session (6:30-8:30PM)

NOV 7	NOV 14	NOV 21	NOV 28	DEC 5	DEC 12
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Getting Ready for Labor

Prenatal education classes are offered by Riverwood Healthcare for pregnant women who are in their third trimester and their labor coach. This is a series of 5 sessions where expectant parents will learn about breathing and relaxation techniques to use during labor and delivery.

What to Bring

Bring to each class a small blanket, pillow and your labor coach.



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For Expecting Parents

The first four classes of the prenatal education sessions are designed to provide information to new parents on what to expect during labor and delivery plus tips on feeding and caring for your baby. For the fifth class, professionals will share instruction on massage and relaxation methods as well as information on well baby care and developmental milestones.

For Grandparents

A sixth class in the prenatal education series teaches grandparents about infant caregiving. This class is open to grandparents who may or may not have family members attending the first five weeks of the prenatal education series. Topics covered will include how the labor and delivery process is handled today and tips on infant safety and Sudden Infant Death Syndrome (SIDS) prevention.



 **Riverwood**
HEALTHCARE CENTER

Together we will.

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Riverwood Healthcare is an equal opportunity provider and employer.