



# Your trusted leader for mothers and mothers-to-be.

## 2020 Prenatal Class Schedule

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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.

### *Winter Session (6:30-8:30 p.m.)*

JAN 7	JAN 14	JAN 21	JAN 28	FEB 4
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### *Early Spring Session (6:30-8:30 p.m.)*

MAR 3	MAR 10	MAR 17	MAR 24	MAR 31
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### *Late Spring Session (6:30-8:30 p.m.)*

APR 28	MAY 5	MAY 12	MAY 19	MAY 26
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### *Summer Session (6:30-8:30 p.m.)*

JUN 30	JUL 7	JUL 14	JUL 21	JUL 28
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### *Early Fall Session (6:30-8:30 p.m.)*

SEP 1	SEP 8	SEP 15	SEP 22	SEP 29
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### *Late Fall Session (6:30-8:30 p.m.)*

NOV 3	NOV 10	NOV 17	NOV 24	DEC 1
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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.

## Infant Caregiving

The fifth class will include information on infant caregiving and is open to grandparents who have family members attending the series.

### *What to Bring*

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

 **Riverwood**  
HEALTHCARE CENTER

Aitkin + Garrison + McGregor  
[www.RiverwoodHealthcare.org](http://www.RiverwoodHealthcare.org)