

Registration Form

Name: _____
Address: _____
City: _____ State: _____
Zip: _____ Due Date: _____
Phone: _____
Date of Birth: _____
Insurance Type: _____

Art of Breastfeeding

Date: _____ \$15.00

Brothers and Sisters to Be

Date: _____ \$10.00

Labor of Love

Date: _____ \$75.00

Maternity Orientation and Tour

Date: _____ No Charge

Newborn Care

Date: _____ \$15.00

Class Name: _____

C-Section Preparation No Charge

Labor of Love in Review \$20.00

Sibling Birth Preparation No Charge

Total Enclosed: \$ _____

Make checks payable to
NorthBay Healthcare
for all classes.

For more information call:
646-4277 or **646-4162**

Maternity Orientation and Tour

Tour NorthBay's maternity unit and get information about hospital registration, birth certificates, and available birthing options.



Cost: Free

Location: NorthBay Medical Center Annex
Conference Room 1 & 2

Dates:	Sun., 1-9-11	3:00 - 5:00 p.m.
	Mon., 1-31-11	3:00 - 5:00 p.m.
	Mon., 2-7-11	6:30 - 8:30 p.m.
	Sun., 2-27-11	3:00 - 5:00 p.m.
	Mon., 3-7-11	6:30 - 8:30 p.m.
	Sun., 3-20-11	3:00 - 5:00 p.m.
	Mon., 4-11-11	6:30 - 8:30 p.m.
	Mon., 4-25-11	6:30 - 8:30 p.m.
	Mon., 5-9-11	6:30 - 8:30 p.m.
	Sun., 5-22-11	3:00 - 5:00 p.m.
	Mon., 6-13-11	6:30 - 8:30 p.m.
	Mon., 6-27-11	6:30 - 8:30 p.m.
	Mon., 7-11-11	6:30 - 8:00 p.m.
	Sun., 7-17-11	3:00 - 5:00 p.m.
	Mon., 8-8-11	6:30 - 8:30 p.m.
	Mon., 8-22-11	6:30 - 8:30 p.m.
	Sun., 9-11-11	3:00 - 5:00 p.m.
	Mon., 9-26-11	6:30 - 8:30 p.m.
	Mon., 10-10-11	6:30 - 8:30 p.m.
	Sun., 10-23-11	3:00 - 5:00 p.m.
	Mon., 11-14-11	6:30 - 8:30 p.m.
	Mon., 11-28-11	6:30 - 8:30 p.m.
	Mon., 12-5-11	6:30 - 8:30 p.m.
	Mon., 12-12-11	6:30 - 8:30 p.m.

Labor of Love in Review

Childbirth refresher course for moms and labor partners. Pre-requisite: previous attendance in a prepared childbirth education course.

Cost: \$20.00

For information on location, dates and times, please call 646-4277.



Sibling Birthing Preparation

Parents who are considering having children present during delivery can have one-on-one counseling with an instructor to see if the children are prepared for such an experience.

Cost: Free



Prenatal Education Program

2011 Class Schedule

(707) 646-4277

*Compassionate care,
advanced medicine,
close to home.*

 **NORTHBAY
HEALTHCARE**

Labor of Love

In this six session childbirth course for expectant couples, various techniques are taught to use during the labor process. Comfort measures, relaxation, breathing and the role of the support person are included. Bring two pillows and a blanket to class.

Cost: \$75.00

Wednesday classes are held at NorthBay Annex, Conference Room 3 & 4, 1200 B. Gale Wilson Blvd., Fairfield, (behind NorthBay Medical Center), from **6:30 to 9:00 p.m.**

Thursday classes are held at VacaValley Health Plaza, Suite 290, 1010 Nut Tree Road, Vacaville, from **6:30 to 9:00 p.m.**

Thu., 1-6-11 to 2-10-11
Wed., 2-2-11 to 3-9-11
Thu., 3-3-11 to 4-14-11 (Skip 3-31-11)
Wed., 4-6-11 to 5-11-11
Thu., 5-5-11 to 6-9-11
Thu., 8-11-11 to 9-15-11
Wed., 9-7-11 to 10-12-11
Thu., 10-13-11 to 11-17-11

For more information, call

(707) 646-4277

or

(707) 646-4162

www.NorthBay.org

Art of Breastfeeding

Learn the "how to's" of breastfeeding. This class also addresses the health benefits for mom and baby, the role of the father, the working mom and more.

Cost: \$15.00

Location: NorthBay Medical Center Annex
Conference Room 3 & 4

Time: 6:30 to 9:30 p.m.

Dates: Wed., 1-12-11
Thu., 2-17-11
Wed., 3-16-11
Thu., 4-21-11
Wed., 5-18-11
Wed., 6-22-11
Wed., 7-13-11
Wed., 8-17-11
Thu., 9-22-11
Wed., 10-19-11
Wed., 11-9-11
Wed., 12-7-11



C-Section Preparation

Individual counseling available to women delivering at NorthBay Medical Center who may require a c-section. Call (707) 646-4277 for an appointment.

Cost: Free

Newborn Care

Expectant parents are instructed on daily care, nutrition, safety, and development for the first few months of life.



Cost: \$15.00

Location: NorthBay Medical Center Annex
Conference Room 3 & 4

Time: 6:30 to 9:30 p.m.

Dates: Wed., 1-19-11 Wed., 7-20-11
Thu., 2-24-11 Wed., 8-24-11
Wed., 3-23-11 Thu., 9-29-11
Thu., 4-28-11 Wed., 10-26-11
Wed., 5-25-11 Wed., 11-16-11
Thu., 6-30-11 Wed., 12-14-11

Brothers and Sisters To Be

Prepare children ages three to nine for the arrival of a new baby. Parents and children will enjoy a variety of activities as they learn what it means to be a big brother or sister.



Cost: \$10.00 per family

Location: NorthBay Medical Center Annex
Conference Room 3 & 4

Time: 3:30 to 5:30 p.m.

Dates: Tue., 1-11-11
Wed., 3-9-11
Tue., 5-17-11
Tue., 8-9-11
Tue., 10-11-11
Tue., 12-6-11

Registration

To enroll, please mail this form to:

ABC Prenatal Program
NorthBay Prenatal Class Registration
Gateway Medical Building
1860 Pennsylvania Avenue, Suite 310
Fairfield, CA 94533

Make checks payable to
NorthBay Healthcare
for all classes.

(Please detach registration, place in envelope and mail.)

For more information, call
(707) 646-4277
or
(707) 646-4162
www.NorthBay.org

We reserve the right to cancel any class due to low enrollment or instructor availability.

