

Building BLOCKS

2019 CLASSES

Women's and Children's Conference Room • 201 E. Harris Ave.

- A ALL ABOUT CHILDBIRTH**
Please bring pillows for this class. Online classes also available.
Two-Part Evening classes: February 7 & 14, April 9 & 16, June 11 & 18, July 16 & 23, September 10 & 17, October 15 & 22, December 10 & 17
6:15 pm - 8:45 pm
All day Saturday classes: January 12, March 2, April 13, May 4, June 8, July 27, August 10, October 19, November 9
9 am - 4 pm
- B BREASTFEEDING BOOT CAMP**
Online classes also available.
Saturday morning classes: March 9, August 17, December 7
9 am - 11:30 am
Wednesday evening classes: January 16, April 17, June 5, October 9
6:15 pm - 8:45 pm
- C CARING FOR YOUR NEWBORN**
Saturday afternoon classes: January 26, March 23, May 11, June 22, September 21, November 16
12:30 pm - 3 pm
Evening classes: February 26, March 5, April 18, May 7, July 18, August 6, October 17, December 12
6:15 pm - 8:45 pm
- D DOTING SIBLINGS**
This class is for big brothers and big sisters ages four and up.
Saturday morning classes: January 26, April 27, July 20, November 16
9 am - 10:30 am
- E ESSENTIALS FOR PREGNANCY**
Evening classes: January 8, March 26, May 21, September 12, November 12
6:15 pm - 8:45 pm
- F FINDING ALTERNATIVES FOR LABOR PAIN**
Evening classes: January 15
6:15 pm - 8:45 pm
Saturday classes: February 16, March 23, May 11, June 22
9 am - 11:30 am
April 27, July 20
12:30 pm - 3 pm
- G GENTLE TOUCH INFANT MASSAGE**
Thursday afternoon classes: January 17, 24 & 31, April 11, 18 & 25, June 13, 20 & 27
August 15, 22 & 29
September 12, 19 & October 10
12 pm - 1 pm

For more information call 325-481-6332 or visit www.ShannonBabies.com. To register call 325-481-2359.



SHANNON

325.481.2359

ShannonBabies.com