

Two-day prenatal course offered each month from 11am-2pm and 7pm-9pm. It is ideal for patients to participate between 28 and 32 weeks gestation. A Zoom link will be emailed to you the week of your scheduled course.

2023 Virtual 2 Day Course

Sunday, April 2nd Monday, April 3rd (7pm-9pm) Sunday, May 7th Monday, May 8th (7pm-9pm) Sunday, June 4th Monday June 5th (7pm-9pm) Sunday, July 2nd Monday, July 3rd (7pm-9pm) Sunday, August 6th Monday, August 7th (7pm-9pm) Sunday, September 3rd Monday, September 4th (7pm-9pm) Sunday, October 15th Monday, October 16th (7pm-9pm) Sunday, November 5th Monday, November 6th (7pm-9pm) Sunday, December 3rd Monday, December 4th (7pm-9pm)

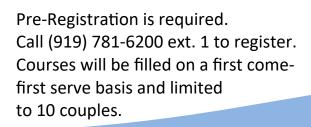
Topics for Day 1

- Expecting families will be educated on the stages of labor and birth process
- Comfort and relaxation techniques to manage pain and ease anxiety
- Support person will learn their role and ways to help
- ✓ What are medical interventions?
- ✓ How to be prepared for hospital stay
- ✓ Post Partum Care

Topics for Day 2

- ✓ Breastfeeding & Pumping Basics
- ✓ Formula Preparation
- ✓ Newborn care

Cost- \$75 for Virtual Classes Classes are not covered by Insurance





Instructor – Sandy Arnold

Sandy is a Lamaze trained Childbirth Educator, Certified Lactation Consultant and works in Labor and Delivery at WakeMed Raleigh Campus. Sandy has 25 years of experience working with mothers and babies.