



# Kamm McKenzie

## Prenatal Course

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

Pre-Registration is required.

Call (919) 781-6200 ext. 1 to register.  
Courses will be filled on a first come-first serve basis and limited to 10 couples.

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.

