



# Kamm McKenzie Prenatal Course

Prenatal courses through December 2021 will be held virtually via Zoom. Virtual courses will be divided into two segments held on two different dates. It is ideal for patients to participate between 28 and 32 weeks gestation.

## **2021 Courses (Virtual)**

### **2021**

- Saturday, November 6 11:00am - 2:00pm & Monday, November 8 7:00pm - 8:30pm
- Saturday, December 4 11:00am - 2:00pm & Monday, December 6 7:00pm - 8:30pm

### **2022**

- Saturday, January 8, 2022 11:00am - 2:00pm & Monday, January 10, 7:00pm - 8:30pm
- Saturday, February 5, 11:00am - 2:00pm & Monday, February 7, 7:00pm - 8:30pm
- Saturday, March 5, 11:00am - 2:00pm & Monday, March 7, 7:00pm - 8:30pm
- Saturday, April 2, 11:00am - 2:00pm & Monday, April 4, 7:00pm - 8:30pm
- Saturday, May 7, 11:00am - 2:00pm & Monday, May 9, 7:00pm - 8:30pm
- Saturday, June 4, 11:00am - 2:00pm & Monday, June 6, 7:00pm - 8:30pm
- Saturday, July 2, 11:00am - 2:00pm & Tuesday, July 5, 7:00pm - 8:30pm
- Saturday, August 6, 11:00am - 2:00pm & Monday, August 8, 7:00pm - 8:30pm
- Saturday, September 3, 11:00am - 2:00pm & Tuesday, September 6, 7:00pm - 8:30pm
- Saturday, October 15, 11:00am - 2:00pm & Monday, October 17, 7:00pm - 8:30pm
- Saturday, November 5, 11:00am - 2:00pm & Monday, November 7, 7:00pm - 8:30pm
- Saturday, December 3, 11:00am - 2:00pm & Monday, December 5, 7:00pm - 8:30pm

## **Topics**

- ✓ 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
- ✓ Breastfeeding Basics
- ✓ Newborn care

Pre-Registration is required.

Call (919) 781-6200 ext. 1 to register.

Courses will be filled on a first come, first served basis and limited to 15 couples.

Cost- Classes held virtually are \$75 per couple.



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 21 years of experience working with mothers and babies.