



Kamm McKenzie Prenatal Course

One-day prenatal course offered each month from 10am to 4pm. It is ideal for patients to participate between 28 and 32 weeks gestation. All courses will be held at our Durant Road Office, 10880 Durant Rd., Ste 224, Raleigh, NC 27614.

2024 In Person Courses

January 13, 2024
February 3, 2024
March 2, 2024
April 6, 2024
May 4, 2024
June 1, 2024
July 20, 2024
August 3, 2024
September 14, 2024
October 12, 2024
November 2, 2024
December 7, 2024

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

Topics

- ✓ Expecting families will be educated on the stages of labor and birth process
- ✓ Demonstration & practicing of 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 & Pumping Basics
- ✓ Formula Preparation
- ✓ Newborn care

Cost- \$125 (not covered by Insurance)

Instructor – Sandy Arnold



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