

Building BLOCKS

2017 CLASSES

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

- A ALL ABOUT CHILDBIRTH**
Evening classes: February 13 & 20, April 20 & 27, June 13 & 20, August 15 & 22, October 17 & 24 and November 7 & 14.
This is a two night class from 6:15 pm - 8:45 pm.
February 13 class in Women's and Children's Family Room.
All day Saturday classes: January 14, March 4, April 8, May 6, June 17, July 8, August 5, September 23, October 14, November 11 and December 16 from 9:00 am - 4:00 pm.
Please bring pillows for this class.
* Online classes also available.
- B BREASTFEEDING BOOT CAMP**
Saturday morning classes: January 21, May 13 and September 2 from 9:00 am - 11:30 am.
Wednesday evening classes: March 8, July 12 and November 8 from 6:15 pm - 8:45 pm.
March 8 class in Women's and Children's Family Room.
* Online classes also available.
- C CARING FOR YOUR NEWBORN**
Saturday afternoon classes: January 28, February 18, May 20, July 22 and October 28 from 12:30 pm - 3:00 pm.
Evening classes: February 9, March 23, April 6, May 11, June 6, July 18, August 8, September 12, November 2 and December 12 from 6:15 pm - 8:45 pm.
- D DOTING SIBLINGS**
Saturday morning classes: January 28, April 22, July 22 and October 28 from 9:00 am - 10:30 am.
This class is for big brothers and big sisters ages four and up.
- E ESSENTIALS FOR PREGNANCY**
Saturday afternoon classes: August 19 from 12:30 pm - 3:00 pm.
Evening classes: January 10, March 2, July 6 and December 11 from 6:15 pm - 8:45 pm.
- F FINDING ALTERNATIVES FOR LABOR PAIN**
Evening classes: January 16, March 9, July 11, September 19, October 12, December 19 from 6:15 pm - 8:45 pm.
Saturday classes: February 18, April 22, May 20 and June 10 from 9:00 am - 11:30 am.
April 22 class from 12:30 pm - 3:00 pm.
- G GENTLE TOUCH INFANT MASSAGE**
Thursday afternoon classes: February 16 & 23, March 9, 23 & 30, April 20, May 11, 18 & 25, June 8 & 15, July 20, August 10 & 17, September 14 & 21, October 19 & 26, November 16 and December 14 from 12:00 pm to 1:00 pm.

For more information call 325-481-6332 or visit www.ShannonBabies.com.
To register call 325-481-8888.



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(325) 481-8888

ShannonBabies.com