



LAMAZE SERIES CLASSES 2017

Taught by: Sylvia J. Boyd, IBCLC, PT, LCCE

This "**five-week series**" class will teach participants breathing techniques, comfort measures during labor, progression of labor, nutrition, exercise, postpartum/newborn procedures, breastfeeding and more. All classes are held from 7:00PM - 9:30PM in the Sherman L. Balch Pavilion B Classroom. Space is limited.

Pre- registration is required.

SERIES DATES:

- Series 1** Wednesday, January 18, 2017 to February 15, 2017
- Series 2** Wednesday, March 22, 2017 to April 19, 2017
- Series 3** Wednesday, May 24, 2017 to June 21, 2017
- Series 4** Wednesday August 9, 2017 to September 6, 2017
- Series 5** Wednesday, October 11, 2017 to November 8, 2017

Course Fee: Lamaze participants delivering at St. Rose Hospital the fee is: **Free.**

- Participants that are not delivering at St. Rose Hospital: **\$95**

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- Please bring two pillows and a blanket or mat to your first class.
 - We suggest that you bring one coach to class.
 - Class enrollment will be confirmed once payment is received.
 - 72-hour notice of cancellation required for refund or reschedule.

Please call the **Education & Training Department at 510-264-4044** to register.

Lamaze Series Registration Form

To pre-register please complete this form & mail a check payable to:
St. Rose Hospital Education & Training Department
27190 Calaroga Avenue, Hayward, CA 94545

Class Dates Preferred: _____

Participant & Coach Name: _____

Address: _____

Phone Number: _____ Due Date: _____

OB/GYN Name: _____

Do you plan to deliver at St. Rose Hospital? Yes No

Amount Enclosed: _____