



LAMAZE SERIES CLASSES 2019

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

This "**six-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 - 9:00PM in the Sherman L. Balch Pavilion B Classroom. Space is limited.

Pre- registration is required.

SERIES DATES:

- Series 1** Wednesday, January 16, 2019 to February 13, 2019
- Series 2** Wednesday, March 20, 2019 to April 17, 2019
- Series 3** Wednesday, May 15, 2019 to June 12, 2019
- Series 4** Wednesday, July 10, 2019 to August 7, 2019
- Series 5** Wednesday, September 11, 2019 to October 9, 2019
- Series 6** Wednesday, October 23, 2019 to November 20, 2019

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

- Participants that are not delivering at St. Rose Hospital: **\$100**

Alameda Alliance Insurance
participants are covered 100%.

- Please bring two pillows and a blanket or mat on your first class.
- We suggest that you bring one coach to the 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: _____