



## Morristown Memorial Hospital Parent Education Programs – August 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <b>*Prepared Childbirth (One Day):</b> 8:00am  <b>*Calm Birth:</b> 10:00am
2 <b>*ABC's of Going Home With Your Baby:</b> 8:00am  <b>*Especial for Siblings:</b> 1:30pm	3 <b>*Exercise:</b> 5:30pm  <b>*Aqua Aerobics:</b> 7:00pm	4 <b>*Breastfeeding Your Baby:</b> 6:00pm	5 <b>*Aqua Aerobics:</b> 5:30pm and 6:30pm  <b>*Epidural Seminar:</b> 7:00pm  <b>*Prepared Childbirth #1:</b> 7:00pm	6	7	8
9	10 <b>*Exercise:</b> 5:30pm  <b>*Aqua Aerobics:</b> 7:00pm	11	12 <b>*Aqua Aerobics:</b> 5:30pm and 6:30pm  <b>*Prepared Childbirth #2:</b> 7:00pm	13	14 <b>*Prepared Childbirth #1:</b> 6:30pm	15
16 <b>*Prepared Childbirth #1:</b> Noon	17 <b>*Exercise:</b> 5:30pm  <b>*Aqua Aerobics:</b> 7:00pm	18 <b>*Breastfeeding Your Baby:</b> 6:00pm	19 <b>*Aqua Aerobics:</b> 5:30pm and 6:30pm  <b>*Prepared Childbirth #3:</b> 7:00pm	20 <b>*Early Pregnancy:</b> 6:00pm	21 <b>*Prepared Childbirth #2:</b> 6:30pm	22 <b>*Baby Sign Language:</b> 1:00pm
23 <b>*Prepared Childbirth #2:</b> Noon	24 <b>*ABC's of Going Home With Your Baby:</b> 6:00pm	25	26 <b>*Aqua Aerobics:</b> 5:30pm and 6:30pm  <b>*Prepared Childbirth #4:</b> 7:00pm	27	28 <b>*Prepared Childbirth #3:</b> 6:30pm	29 <b>*Prepared Childbirth (One Day):</b> 8:00am  <b>*Calm Birth:</b> 10:00am
30	31 <b>*ABC's of Going Home With Your Baby:</b> 6:00pm					

Pre-registration is required for all programs.

Please call 973-971-5027 or email [mmh.parented@atlantichealth.org](mailto:mmh.parented@atlantichealth.org) to register.