

destination maternity™

“Everything a pregnant woman could ever want or need, featuring a huge selection of Maternity Fashion”

Schedule of Events

December 2009

Pre-Registration is required for all classes and is available by using the Phone at the Juice Bar or calling The Center for Women, Children & Family Education at 201.291.6151.

Mondays:

10:30 – 11:30 AM Toddler Yoga

12:00 -1:00 PM Baby and Me Yoga

Tuesdays:

10:30 - 11:30 AM Prenatal Yoga

7:30 - 8:30 PM Prenatal Yoga

Wednesday:

December 2nd
10:00 AM Baby Proofing your Marriage

December 9th
6:00-7:00 PM What is Cord Blood Banking?

7:30 – 8:30 PM Women’s Health Yoga

Thursdays:

10:30 – 11:30 AM Prenatal Yoga

December 10th
7:00-8:30 PM Social Development of Infants and Toddlers – Is Your Child on Track?

December 17th
7:00-8:30 PM Knitting for Baby

Saturdays:

10:30 - 11:30 AM Prenatal Yoga



Destination Maternity has partnered with The Valley Hospital to offer classes, lectures and socials at its Paramus location.

65 E State Rte 4
Paramus, NJ 07652
(35 Plaza on Westbound Route 4)
201-843-5895

PARENT EDUCATION CLASSES

Please call The Center for Women, Children & Family Education at 201-291-6151 for more information and to register.

The Ultimate Birthing Experience

No matter how your baby arrives-natural delivery, Caesarean section, induction-the birth of your baby should be an incredible experience. It is important that you clearly understand the healthcare decisions you will face as you prepare for birth. This class will give you the tools you need to separate health news from “hype” so you can make healthcare decisions that fit your needs and birth preferences. Bring your support person: you don’t want to miss this class! To ensure a spot in the class, please enroll by your 30th week of pregnancy.

Weeknight classes, 4 consecutive Mondays, 6:30 to 9 p.m. (\$175 per couple)

Weekend classes, 2 consecutive Saturdays, 12 to 5 p.m. (\$200 per couple)

Prenatal Yoga: 5 class series (\$85), 10 class series (\$150), 15 class series (\$225)

Yoga can help you prepare physically, mentally and emotionally for giving birth and becoming a mother. Moms-to-be are led through a wide range of poses adapted for the ever-changing pregnant body, preparing her for labor and motherhood, as well as helping to alleviate some of the associated discomforts of pregnancy.

Baby & Me Yoga: 5 class series (\$85), 10 class series (\$150), 15 class series (\$225)

This yoga class for mothers and their babies, approximately 6 weeks to 1 year of age, is both challenging and relaxing. It helps women regain strength, as well as adapt and grow in their new role as mother.

Toddler Yoga: 5 class series (\$85)

Using yoga poses, this amusing and active class encourages your toddler’s explorations of the environment around them, all while having you by their side. Lay the foundation for a healthy lifestyle and have fun together.

Women’s Health Yoga: 5 class series (\$85), 10 class series (\$150), 15 class series (\$225)

Practice the science and art of self-illumination through yoga. This yoga class addresses the specific needs of a woman’s physiology and promotes physical, mental, and spiritual health. For non-pregnant women of all ages.

Baby Proofing your Marriage

Learn how to laugh more, argue less, and communicate better as your family grows.

Wednesday, Dec. 2, 10:00 AM (this social is held at Whole Foods in Paramus)

What is Cord Blood Banking? : 2nd Wednesday of every month, 6-7 p.m.

This one-session class will discuss the topic of cord blood banking which is the collection and storage of the stem cells found in your newborn’s umbilical cord. Today, cord blood stem cells have been used successfully in the treatment of over 70 life-threatening diseases. When you bank your baby’s cord blood, you are making a choice that could potentially provide a lifesaving treatment for your child or a family member. There is only one chance to collect your child’s cord blood, find out if it is right for your family.

Social Development of Infants and Toddlers – Is Your Child on Track?

Darren Saks, M.D., Pediatrician

Thursday, Dec. 10, 7:00 PM; \$20 per person, \$30 per couple

Knitting for Baby

Learn the benefits of knitting make something warm as the weather gets cooler.

Thursday, Dec. 17, 7:00 – 8:30 PM (this social is held at Whole Foods in Paramus)



With a new baby arriving there are tons of things that will need to be done. Don’t let yourself forget about college savings. The Futuretrust program can help turn your everyday spending into college savings. Learn how to save for your child’s future when you buy gas, groceries, clothes and more.

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