

destination maternity™

Schedule of Events

December 2009

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

***Registration is available at Destination Maternity by using the Parent Education Phone at
the Juice Bar or by calling the Parent Education department at 1-888-Virtua-3***

Pre -Registration is required for all classes

Monday:

5 -6 pm Prenatal Yoga

Tuesday:

December 1 & 8 Labor Basics
6:30 pm – 9 pm

Wednesday:

2 – 3 pm Body Before Baby

December 2 Breastfeeding
7 – 9 pm

Thursday:

6 – 7 pm Prenatal Yoga

Friday:

December 18 Breastfeeding
7 – 9 pm

Saturday:

11 am – 12 pm Baby and Me Yoga

12:30 – 1:30 pm Body Before Baby

Sunday:

December 6 Do It All In One Day
12 pm – 5 pm



Towne Place at Garden State
901 Haddonfield Road, Suite B
Cherry Hill, NJ
(856)488-1715

Class Descriptions

Breastfeeding Class Whether you are planning to breastfeed or you are still not sure, this class is for you! Learn all about breastfeeding and gain practical tips from breastfeeding specialists who are experienced in working with breastfeeding women.

Grandparents' Night is a fun evening to introduce prospective grandparents to trends and changes in childbirth and baby care.

The Happiest Baby on the Block Learn an extraordinary approach to calm your baby. New parents will learn how to soothe even the fussiest infant in minutes. Please bring a blanket for your infant.

Labor Basics two nights focused on preparing couples for their labor & delivery experience. Topics include information on the labor & delivery experience, pain management, cesarean sections, newborn basics as well as adjustments after delivery.

Do It All In One Day Great for couples with time constraints or fluctuating schedules this class covers the basics of labor, cesarean section, breathing & relaxation all in a single afternoon. It is recommended that couples attend the Baby Basics Brunch class to supplement information given on caring for a newborn. Includes a video tour of the Virtua Voorhees hospital and light refreshments. To register for the Baby Basics Brunch class visit www.virtua.org or call 1-888-847-8823.

Pets N Babies

Help prepare the family especially the four-legged kind for the arrival of your new baby. Fun-filled informative discussion includes proper introduction of the baby to household, understanding family order, and open discussion of what works with the preparation of your pet.

Please leave your 4 legged friends at home.

Pampered Pregnancy Massage

Learn how to massage your mother-to-be while discomforts and changes are happening to her body. Feel closer to your wife/partner and your baby by having a positive effect on their health and well-being. Proper techniques will be taught that will ensure the comfort, safety and effectiveness of the massage. Class 1 1/2 hours. Min 4 couples max 6 couples. **Bring two pillows and a sleeping bag. Physician's note required for mom. Please bring note to the first class.**

Baby and Me – Yoga

A connection between parent and baby is such a special gift. Bring that gift to the peacefulness of your mat. Baby and me yoga benefits both you and your baby in many ways. Babies should be 6 weeks to crawling. Parents should have an open mind and be ready to relax, stretch and energize! Please bring a blanket for your baby. Maximum of 8 per group.

Body AFTER Baby: Group Personal Training Program

Body *After* Baby will help jump start your way to a better body after having a baby. Exercise will help raise your metabolism, shed those extra pounds, increase your energy level and help reduce stress. Exercise with other moms and share your experiences with each other. Bring along your little one; up to 1 year old. Maximum of 6 per group. **Physician's note required.**

Body BEFORE Baby will help jump start your way to a better body before having a baby. You will strengthen and tone important pregnancy muscles, learn safe and effective training techniques, and feel better about your body. Exercise with other moms-to-be and share your experiences with each other. Maximum of 6 per group.

Prenatal Yoga Join other pregnant women and celebrate this powerful time in your life through gentle yoga poses, breath work, and relaxation techniques aimed at offering ways to enhance your overall fitness and health and reduce physical discomforts associated with pregnancy. Maximum of 8 per class.

Grandparents (Get in Shape) Congratulations on becoming a grandparent! You need to be in good physical condition to help take care of a new baby. Join this group exercise class to help you become stronger, build endurance, become more flexible and work on balance to help you get in shape to be a better grandparent and keep up with your grandchild. Maximum of 6 per group. **Physician's note required.**



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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