



Perinatal Class Schedule • 2018

THREE WEEK LAMAZE SERIES (Thursday evenings)

June 14, 21, 28
July 12, 19, 26
Aug 9, 16, 23

Sept 13, 20, 27
Oct 11, 18, 25
Nov 29, Dec 6, 13

REFRESHER OR PRIVATE CLASS

Classes by appointment.

Contact the Birthing Center for more information.

Lamaze Series \$35, Private Class \$35
Covered by insurance, Medicaid, & ACA

Call: 802-257-8877

Email: tgeno@bmhvt.org

Register online: www.bmhvt.org/services/birthing



Brattleboro Memorial Hospital
EXCEPTIONAL CARE FOR OUR COMMUNITY

BMH PERINATAL CLASS SCHEDULE • 2018

BABY BASICS

June 13
August 8
October 10
December 12

BREASTFEEDING BASICS

July 11
September 12
November 14

Free Classes, Registration Appreciated
Register at www.bmhvt.org or call 802-257-8877

NEW MOMS NETWORK - Wednesday mornings, 9:30-11:00am in the BMH Exercise Room. For a monthly calendar visit www.bmhvt.org/events-calendar. Connect with Brattleboro New Moms Network on Facebook. Free. No registration required.

HYPNOSIS FOR BIRTH - This is a one-day intensive class or a four-week series offered occasionally. For more information, contact Lois Trezise at 315-709-1523.

SIBLING TOURS - We are glad to schedule a tour for your older children. Give the Birthing Center a call to schedule at 802-257-8226. Free.

MOTHER'S CIRCLE - Tuesdays, 10am- 12pm at Early Education Services or **MOONTIME** - Thursdays, 6-8pm, bi-monthly at Early Education Services. Peer-led by a MotherWoman trained facilitator. Call or text 802-258-8723 or email brattleborovillage@gmail.com for more information. Free. Join the Facebook group: "Village Playgroups, Yoga, and Community Closet"



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