

# 2009

## Maternity Education Calendar

### SOUTHWEST HEALTHCARE SYSTEM

Rancho Springs Medical Center - Administrative Services Building  
25520 Medical Center Drive, Murrieta

#### MATERNITY TOURS

No Fee.

Sorry! No Children Allowed.

**Mondays: 7:00 pm - 8:30 pm**

June 8, 15, 29

July 13, 20, 27

August 10, 17, 31

September 14, 21, 28

October 12, 19, 26

November 9, 16, 30

December 7, 14, 21

**Saturdays: 10:00 am - 11:30 am**

June 20

July 18

August 22

September 19

October 3

November 21

December 12

#### NEWBORN CARE

Bring a doll/stuffed animal

Fee: \$45

**7:00 pm - 9:30 pm**

June 18, July 23, August 19,

September 17, October 22,

November 18, December 16

#### BREASTFEEDING

Bring a doll/stuffed animal

Fee: \$45

**7:00 pm - 9:30 pm**

Instructor: Sandy Salgado

June 4, July 2, August 13,

September 10, October 15,

November 12, December 10

#### MOMS TO MOMS

Tuesdays & Fridays

10 am - Noon

No Fee

No Registration Required

#### SIBLING CLASS

AGES 4 - 11

Bring a doll/stuffed animal

Fee: \$25/family

**Saturdays: 9:00 am - 10:30 am**

June 6

August 15

October 17

December 5

#### CHILDBIRTH PREPARATION

4-Week Series

Bring 2 pillows & a blanket

Fee: \$120

**7:00 pm - 9:30 pm**

#### TUESDAY CLASSES

Instructor: Sandy Salgado

June 2 - June 23

June 30 - July 21

August 4 - August 25

September 1 - September 22

September 29 - October 20

October 27 - November 17

November 24 - December 15

#### WEDNESDAY CLASSES

Instructor: Sheri Brodie

June 10 - July 8

(no class June 24)

August 26 - September 16

October 7 - October 28

#### CHILDBIRTH PREPARATION REFRESHER

Bring 2 pillows & a blanket

Fee: \$45

**7:00 pm - 9:30 pm**

June 25

August 27

November 4

#### CHILDBIRTH PREPARATION ONE-DAY

Bring 2 pillows & a blanket

FULL lunch & snacks included

Instructor: Sheri Brodie

Fee: \$150

**Saturdays: 9:00 am - 4:00 pm**

June 13, July 25, August 29

October 10, November 14,

December 19

Registration Required.

To Register, Please Call

**1-800-879-1020**



**SOUTHWEST  
HEALTHCARE SYSTEM**

*Bee Healthy!*

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