

# Flowers Hospital 2010 Family Focus Schedule

Classes	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Introduction to Childbirth		16		6	25		13	31		19		
Parent Preparation	5	23		13		1	20		7	26		
Big Brother/Big Sister	12		2	20		8	27		14		2	
Breathing & Relaxation Techniques	19		9	27		15		3	21		9	
Fundamentals of Breastfeeding	26		16		4	22		10	28		16	
BabySaver		2	23		11	29		17		5	23	
Post Partum		9	30		18		6	24		12	30	

All classes begin at 6:30 p.m. and are held in Flowers Hospital's Doctor Center,  
4<sup>th</sup> floor North Tower, Education Department.