

Monday	Tuesday	Wednesday	Thursday	Friday
	1  <b>No Class</b>	2  10-11:30 <b>SIDS</b> Ashton G.	3  10-11:30 <b>Fetal Development</b> Suzanne P.	4 10-12 <b>Born Learning: How Children Learn</b> United Way <b>*Call to reserve a seat and lunch</b>
7  10-11:30 <b>Story Time</b> Holly V.	8  <u>Spiritual</u> 9-10:30 <b>Estudio Biblico en Espanol</b> 10:45-12 <b>English Bible Study:</b> <b>Loose Chains</b>	9  10-11:30 <b>First Year Milestones</b> Holly V.	10  10-11:30 <b>Breastfeeding</b> Melissa A.	11 10-12 <b>Born Learning: Routines and Learning on the go</b> United Way <b>*call to reserve a seat and lunch</b>
14  10-1 <b>CPR</b> Herma T. <b>*Call to reserve a seat and lunch</b>	15  <u>Spiritual</u> 9-10:30 <b>Estudio Biblico en Espanol</b> 10:45-12 <b>English Bible Study</b>  <b>*BAM 6-9pm</b> <b>*Call to reserve a seat and dinner</b> <b>No Childcare</b>	16  10-11:30 <b>Money Management</b> Teresa C.	17  10-11:30 <b>Car Seat Safety</b> Megan H.  <b>BAM 6-9pm</b> <b>*Call to reserve a seat and dinner</b> <b>No Childcare</b>	18  10-11:30 <b>Pregnancy Nutrition</b> Lindsey B.
21  10-11:30 <b>Story Time</b> Holly V. <b>5:30-6:30 Prenatal Care</b> <b>1818 Columbus Ave</b>	22  <u>Spiritual</u> 9-10:30 <b>Estudio Biblico en Espanol</b> 10:45-12 <b>English Bible Study</b>	23  10-11:30 <b>Newborn Care and Maternal Wellness</b> Emily G.	24  10-11:30 <b>Illnesses &amp; Immunizations</b> Daisy C.	25  10-11:30 <b>Post-Partum Care</b> Ashton G.
28 10-11:30 <b>Muscles and Meditation Pre/Post Natal Exercise</b> Erica L.	29  <u>Spiritual</u> 9-10:30 <b>Estudio Biblico en Espanol</b> 10:45-12 <b>English Bible Study</b>	30 10-1 <b>Childbirth</b> Leigh E. <b>*Call to reserve a seat and lunch</b>	31 10-11:30 <b>Safety Starts at Home</b> Suzanne P.	

☺All classes are free but you must be pregnant or have a child who is 36 months or younger☺  
**For calendar updates visit our website @pregnancycare.org>SUPPORT>CLASSES**

### Mommas on the Move Class Snapshot

Core Class Requirements	Date – Class
Pregnancy Class	1/3 Fetal Development
Post-Partum Mom	1/25 Post- Partum Care
Breastfeeding	1/10 Breastfeeding
CPR	1/14 CPR
Car Seat Safety	1/17 Car Seat Safety
Childbirth	1/30 Childbirth
Parenting/Discipline	1/4 Born Learning: How Children Learn
Child/Family Nutrition	1/18 Pregnancy Nutrition
Free Choice	1/7 Story Time, 1/21 Story Time
Safety Starts at Home	1/31 Safety Starts at Home
Bringing Baby Home	1/23 Newborn Care and Maternal Wellness
Illnesses & Immunizations	1/24 Illnesses & immunizations
SIDS & Shaken Baby Syndrome	1/2 SIDS & Shaken Baby Syndrome