

FREE OFF-SITE CHILDBIRTH CLASSES, Newborn Care Class, & Breastfeeding (UHCC-5th flr conf)						
<b>WEDNESDAY AM SERIES:</b>	JAN-FEB	MARCH- APRIL	MAY	JULY	SEPT-OCT	NOV- DEC
#1 Childbirth Class 10a-12p	3-Jan	7-Mar	2-May	11-Jul	5-Sep	7-Nov
#2 Childbirth Class 10a-12p	10-Jan	14-Mar	9-May	18-Jul	12-Sep	14-Nov
#3 Childbirth Class 10a-12p	17-Jan	21-Mar	16-May	25-Jul	19-Sep	28-Nov
#4 Newborn Care: 10a-12p	24-Jan	28-Mar	23-May	1-Aug	26-Sep	5-Dec
#5 Breastfeeding: 10a-12p	31-Jan	4-Apr	30-May	8-Aug	3-Oct	12-Dec

FREE EVENING CHILDBIRTH SERIES WITH HOSPITAL TOUR (Community Campus- POBS 2A)						
<b>WEDNESDAY PM SERIES:</b>	JANUARY	MARCH-APR	MAY	JULY- AUG	SEPTEMBER	NOVEMBER
CC-POBS 2A #1 6:30-8:30p	3-Jan	14-Mar	2-May	11-Jul	5-Sep	7-Nov
CC-POBS 2A #2 6:30-8:30p	10-Jan	21-Mar	9-May	18-Jul	12-Sep	14-Nov
CC-POBS 2A #3 6:30-8:30p	17-Jan	28-Mar	16-May	25-Jul	19-Sep	28-Nov
CC-POBS 2A #4 6:30-8:30p	24-Jan	4-Apr	23-May	1-Aug	26-Sep	5-Dec

FREE WEEKEND CHILDBIRTH CLASS WITH HOSPITAL TOUR (Community Campus- POBS 2A)							
<b>WEEKEND CLASS:</b>	JANUARY	FEBRUARY	APRIL	JUNE	AUGUST	OCTOBER	DECEMBER
CC-POBS 2A Saturday 8:30a-4:30p	6-Jan	3-Feb	7-Apr	2-Jun	4-Aug	13-Oct	1-Dec

**ON-LINE CHILDBIRTH CLASS (\$50 Fee)**  
Offered Year-Round, taken anytime at your own convenience.

FREE NEWBORN CARE CLASSES						
<b>WEDNESDAY EVE CLASS:</b>	JANUARY	APRIL	MAY	AUGUST	OCTOBER	DECEMBER
CC-POBS 2A 6:30-8:30p	31-Jan	11-Apr	30-May	8-Aug	3-Oct	12-Dec
<b>SUNDAY AFTERNOON CLASS</b>	FEBRUARY	APRIL	JUNE	AUGUST	OCTOBER	DECEMBER
CC-POBS 2A 1:00-3:00p	4-Feb	8-Apr	3-Jun	5-Aug	14-Jan	2-Dec
<b>WEDNESDAY AM CLASS</b>	JANUARY	MARCH	MAY	AUGUST	SEPTEMBER	DECEMBER
UHCC 5th Flr 10am-12p	24-Jan	28-Mar	23-May	1-Aug	26-Sep	5-Dec

FREE BREASTFEEDING CLASS						
<b>TUESDAY CLASS:</b>	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
CC-POBS 2A 6:30p-9:00p	2-Jan	6-Feb	6-Mar	3-Apr	1-May	5-Jun
<b>WEDNESDAY AM CLASS</b>	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
UHCC 5th Flr 10am-12p	10-Jul	7-Aug	4-Sep	2-Oct	6-Nov	4-Dec
<b>WEDNESDAY AM CLASS</b>	JANUARY	APRIL	MAY	AUGUST	OCTOBER	DECEMBER
UHCC 5th Flr 10am-12p	31-Jan	4-Apr	30-May	8-Aug	3-Oct	12-Dec

FREE BREASTFEEDING BACK TO WORK CLASS (CC-POBS 2A)						
<b>TUESDAY CLASS:</b>	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
CC-POBS 2A 12:00p-2:00p	9-Jan	13-Feb	13-Mar	10-Apr	8-May	12-Jun
<b>WEDNESDAY AM CLASS</b>	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
UHCC 5th Flr 10am-12p	10-Jul	14-Aug	11-Sep	9-Oct	13-Nov	11-Dec

FREE HOSPITAL ORIENTATION AND WALKING TOUR (CC-POBS 2A)						
<b>WEDNESDAY CLASS:</b>	JANUARY	APRIL	MAY	AUGUST	OCTOBER	DECEMBER
CC-POBS 2A #1. 5:00p-6:30p	31-Jan	11-Apr	30-May	8-Aug	3-Oct	12-Dec
<b>SUNDAY CLASS</b>	FEBRUARY	APRIL	JUNE	AUGUST	OCTOBER	DECEMBER
CC-POBS 2A #1. 3:00-4:30p	4-Feb	8-Apr	3-Jun	5-Aug	14-Oct	2-Dec

FREE BABY AND ME CLASS SERIES (CC-POB S 2A)						
(New Parent/Guardian with New Baby ages 2 weeks-6months)						
<b>THURSDAY AM SERIES:</b>	JANUARY	MARCH	MAY	JULY	SEPT	NOV
CC-POBS 2A #1. 10:00a-12:00p	11-Jan	1-Mar	3-May	12-Jul	13-Sep	1-Nov
CC-POBS 2A #2. 10:00a-12:00p	18-Jan	8-Mar	10-May	19-Jul	20-Sep	8-Nov
CC-POBS 2A #3. 10:00a-12:00p	25-Jan	15-Mar	17-May	26-Jul	27-Sep	15-Nov

FREE NEW SIBLING PREPARATION CLASS (CC-POB S 2A)				
(2-14 year old Children with Parent/Guardian)				
<b>SATURDAY CLASS:</b>	MARCH	JUNE	SEPTEMBER	DECEMBER
CC-POBS 2A 10:00a-12:00p	10-Mar	9-Jun	15-Sep	8-Dec

\*\*Please visit [www.upstate.edu/bestbegin](http://www.upstate.edu/bestbegin) or call Upstate Connect at 464-2756 to register for a class.