

# 2016 PRENATAL PARENTING CLASSES

Family and Community Health Education and Outreach Section

Forsyth County Department of Public Health

799 Highland Avenue Winston-Salem, NC 27101

Phone: 336-703-3206 Fax: 336-727-8034



## SERIES 1

1-27-16  
2-3-16  
2-10-16  
2-17-16  
2-24-16  
3-2-16

## SERIES 2

3-23-16  
3-30-16  
4-6-16  
4-13-16  
4-20-16  
4-27-16

## SERIES 3

5-25-16  
6-1-16  
6-8-16  
6-15-16  
6-22-16  
6-29-16

## SERIES 4

7-27-16  
8-3-16  
8-10-16  
8-17-16  
8-24-16  
8-31-16

## SERIES 5

9-28-16  
10-5-16  
10-12-16  
10-19-16  
10-26-16  
11-2-16

*Class size is limited to 25 - Pre-Registration is Required!*

## TOPICS INCLUDE:

- Basic Infant Care and Child Development
- Injury Prevention and Breastfeeding
- Nutrition, Feeding and Infant Dental Health
- Safe Sleep, SIDS and Shaken Baby Syndrome
- Immunizations and Common Illnesses
- Family Planning and Family Dynamic

## CLASSES AND LOCATION:

All classes are held on Wednesday at 4:30 to 6:00 p.m. at the Forsyth County Department of Public Health in MR2.

*A light snack will be provided and remember to attend each session to earn points to shop with from our new Baby Boutique at the end of the series!*

