

Women's Care Center

Niles Center



January 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 OFFICE CLOSED HAPPY NEW YEAR	2 Family Food Series "Be Kind to Your Body" 12 PM	3 Healthy Pregnancy #1 "You and Your Pregnancy" & "Strong Fathers" 5:30 PM	4	5
6	7 "Mommy and Me" Songs & Storytime 11 AM	8 "Resolutions" 12 PM	9 Family Food Series "What to Eat?" 12 PM	10 Healthy Pregnancy #2 "Prenatal Care" & "Strong Fathers" 5:30 PM	11	12
13	14 "Mommy & Me" Songs & Storytime 11 AM	15 "Your Parenting Style" 12 PM	16 Family Food Series "Understanding Food Labels" 12 PM	17 Healthy Pregnancy #3 "Healthy Habits" & "Strong Fathers" 5:30 PM	18	19
20	21 "Mommy & Me" Songs & Storytime 11 AM	22 "Winter Safety" 12 PM	23 Family Food Series "Cooking with Kids" 12 PM	24 Healthy Pregnancy #4 "Labor and Delivery 1" & "Strong Fathers" 5:30 PM	25	26
27	28 "Mommy & Me" Songs & Storytime 11 AM	29 "Bullying" 12 PM	30 Family Food Series "Family Friendly Meal" 12 PM	31 Healthy Pregnancy #5 "Labor and Delivery 2" & "Strong Fathers" 5:30 PM		

Class Guidelines and Expectations

- Be on time to class (not more than 15 minutes early),
- Participate in class and complete class form/notes
- Pay attention & keep children from disturbing the class
- Participants receive 1 coupon and a bundle of 10 diapers.
- Class should relate to your current situation.
- Clients who are more than 10 minutes may receive reduced incentives.
- Childcare may not always be provided, please be prepared for the possibility of keeping your child in class with you.
- Classes are not a substitute for medical care.
- Class size may be limited.

Niles Center

621 E. Main St. Niles, MI (269) 684-4040

berriencountywcc@yahoo.com

Classes & Updates:

womenscarecenter.com/locations/niles

Hours: Mon, Tue, Wed, & Fri 9am-5pm, Thu 11am-7pm

Six-Part Healthy Pregnancy Series:

- 1) You and Your Pregnancy
- 2) Prenatal Care
- 3) Healthy Habits
- 4) Labor and Delivery Part 1
- 5) Labor and Delivery Part 2
- 6) Postpartum Care

Six-Part Newborn Care Series:

- 1) Baby Basics
- 2) Sleep & Soothing
- 3) Breastfeeding Basics
- 4) Bottle Feeding & Beyond
- 5) Safety Issues for New Parents
- 6) Your Baby's 1st Year of Development

BONUS: Attend all 12 classes within your pregnancy to receive a **bonus item of your choice:** Infant car seat; bassinet; portable baby swing or chair top high chair. Limit 1 per family.

Family Food Series:

Join us every Wednesday in January to jump start your creativity with meals. Parenting instructor, Hatti, will be sharing practical ideas for making meal time fun, enjoyable, inexpensive and healthy. The first session will feature a special guest instructor! Hope you can join us!

NOTE TIME CHANGE: We have changed the Tuesday class time to noon! Both Tuesday and Wednesday parenting classes will now be held at noon.

If the Niles Schools are closed, please call the office to confirm if our office hours have changed. We will contact scheduled ultrasound appt. in the event of a closing.