



# Class Schedule

## July 2024

**\*\*\*Classes are offered on a first come first served basis, space limitations apply. Please DO NOT arrive more than 15 minutes early.\*\*\***

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	<b>No Class – Holiday!</b>	5
8	9	10	11 <b>5pm:</b> Self – Esteem <b>5pm:</b> Strong Fathers	12 <b>11am:</b> Introducing Solids <b>**Nutrition Series</b>
15	16 <b>12pm:</b> Sleeping & Crying <b>**Newborn Series</b>	17	18 <b>12 PM</b> Pregnancy & the Pelvic Floor presented by LHM Physical Therapy <b>5pm:</b> Early Brain Development <b>5pm:</b> Strong Fathers	19
22	23	24 <b>12 PM:</b> Your Income & Expenses presented by Citizens Bank	25 <b>5pm:</b> Sleep Routines <b>5pm:</b> Strong Fathers	26 <b>11am:</b> Different Milks <b>**Nutrition Series</b>
29	30 <b>12pm:</b> Playing and Bonding <b>**Newborn Series</b>	31	8/1	8/2

**\*\*\*Please note that if you are 10 or more minutes late you will be ineligible to participate in class or receive incentives. Thank you for understanding and supporting a positive experience for all our families.\*\*\***

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***Class topics subject to change.*** Mother and Partner of the baby are welcome to attend classes that pertain to their current needs but may not attend classes that are not applicable to their current needs. Each parent will earn diapers and Crib Club Coupon's for each class they attend. Support persons who are not parents of a child under the age of 5 must receive permission of the Class Coordinator to receive incentives.

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