

THE MATERNITY CENTER AT MONTEFIORE NYACK HOSPITAL

CHILDBIRTH + INFANT CARE EDUCATION CLASSES

GLOBAL VIRTUAL BIG LATCH ON

Saturday, 10:00 AM – 11:00 AM

Rockland County's breastfeeding community is invited to the "Global VIRTUAL Big Latch On," a free event for mothers with nursing children to share their experiences in a supportive environment safely via Zoom. Hosted by Montefiore Nyack Hospital, in partnership with the Rockland Baby Café and Rockland County Breastfeeding Coalition.



Virtual Event on Zoom



Free of charge



Pre-registration is required by July 31, 2020.
Register online here.



Event details will be provided via email to registered participants. For information, call 845-348-7505.



8/1

TRADITIONAL LAMAZE COURSE

Tuesday, 7:00 PM – 9:00 PM

This three week Zoom course prepares expectant parents for the labor and delivery process. Topics include relaxation, breathing, and coaching techniques.



Virtual Course on Zoom



\$100 per couple



Register online here.



For more information, call Community Education at 845-348-2639 or email communityhealth@montefiorenyack.org.



Tuesdays: 8/4, 8/11, 8/18

BREASTFEEDING CLASS

Saturday, 10:00 AM – 12:00 PM

This class is designed for first-time parents. Topics include the basics of holding, diapering, bathing, swaddling, sleeping patterns, infant feeding basics, choosing a pediatrician, infant safety, and pet issues.



Virtual Course on Zoom



\$50 per couple



Register online here.



For more information, call Community Education at 845-348-2639 or email communityhealth@montefiorenyack.org.



8/8

VIRTUAL INFANT CARE AND NUTRITION CLASS

Wednesday, 7:00 PM – 9:00 PM

This class is designed for first-time parents. Topics include the basics of holding, diapering, bathing, swaddling, sleeping patterns, infant feeding basics, choosing a pediatrician, infant safety, and pet issues.



Virtual Course on Zoom



\$50 per couple



Register online here.



For more information, call Community Education at 845-348-2639 or email communityhealth@montefiorenyack.org.



8/12

The Maternity Center at Montefiore Nyack Hospital

160 North Midland Avenue

Nyack, NY 10960

845-348-2639

montefiorenyack.org/maternity

Montefiore | Nyack

THE MATERNITY CENTER AT MONTEFIORE NYACK HOSPITAL


CHILDBIRTH + INFANT CARE EDUCATION CLASSES

VIRTUAL INFANT CPR CLASS


Wednesday, 7:00 PM – 9:00 PM

A two-hour course to help family members perform Cardiopulmonary Resuscitation (CPR) on children, ages newborn to 12 months.

 Virtual Course on Zoom

 \$50 per couple

 [Register online here.](#)

 For registration information, call Community Education at 845-348-2639 or email communityhealth@montefiorenyack.org.


 8/13

VIRTUAL INFANT CPR CLASS


Thursday, 1:00 PM – 3:00 PM

A two-hour course to help family members perform Cardiopulmonary Resuscitation (CPR) on children, ages newborn to 12 months.

 Virtual Course on Zoom

 \$50 per couple

 [Register online here.](#)

 For registration information, call Community Education at 845-348-2639 or email communityhealth@montefiorenyack.org.

 8/25


VIRTUAL WEEKEND ACCELERATED LAMAZE CLASS

Saturday, 10:00 AM – 1:00 PM


Sunday, 10:00 AM – 1:00 PM


Expectant parents can attend this two-day, 3-hour course to learn about the childbirth process and our Maternity Center.

 Virtual Course on Zoom

 \$100 per couple

 [Register online here.](#)

 For registration information, call Community Education at 845-348-2639 or email communityhealth@montefiorenyack.org.

 Saturday, 8/15 and Sunday, 8/16

The Maternity Center at Montefiore Nyack Hospital

160 North Midland Avenue

Nyack, NY 10960

845-348-2639

montefiorenyack.org/maternity

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THE MATERNITY CENTER AT MONTEFIORE NYACK HOSPITAL

CHILDBIRTH + INFANT CARE EDUCATION REGISTRATION

LAST NAME	FIRST NAME	PARTNER NAME	
ADDRESS	CITY	STATE	ZIP
HOME PHONE	WORK PHONE	CELL PHONE	

LAMAZE

- | | | | | |
|---|---------|-------------|-------------|-------|
| <input type="checkbox"/> Childbirth Preparation | 6 weeks | Date: _____ | Time: _____ | \$175 |
| <input type="checkbox"/> Accelerated Childbirth Preparation | 2 days | Date: _____ | Time: _____ | \$175 |
| <input type="checkbox"/> Childbirth Refresher | 1 day | Date: _____ | Time: _____ | \$75 |

PRENATAL CLASSES

DISCOUNT FOR ALL 3 CLASSES: \$145

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|--|-----------|-------------|-------------|------|
| <input type="checkbox"/> Infant Care and Nutrition | 2.5 hours | Date: _____ | Time: _____ | \$65 |
| <input type="checkbox"/> Breastfeeding Basics | 2 hours | Date: _____ | Time: _____ | \$50 |
| <input type="checkbox"/> Infant / Child CPR | 2 hours | Date: _____ | Time: _____ | \$50 |

PAYMENT METHOD

- Check Credit Card: American Express Discover Card Visa MasterCard

CREDIT CARD NUMBER	EXPIRATION DATE (MM/YYYY)	SECURITY CODE
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Discover, Visa, MasterCard: 3-digit number on the back of the card at the end of the signature panel.
Am Ex optima: 4-digit number on face of card above and to the left of the card number.

Card holder name and address if different from above:

NAME	ADDRESS	CITY / STATE / ZIP
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CARD HOLDER SIGNATURE	DATE
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NOTE: Full refunds will be given for cancellation prior to the 1st day of class only if withdrawal is due to early delivery.
A 20% processing fee will be applied to cancellations for any other reason. Refunds for cancellations after classes have begun will be pro-rated.

Please mail completed registration form and check or credit card information to:

Montefiore Nyack Hospital, C/O C / B ED, Mother/Baby Unit, 160 North Midland Avenue, Nyack, NY 10960

Visit montefiorenyackhospital.org/events-calendar or email communityhealth@montefiorenyack.org for information regarding specific classes.

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Nyack, NY 10960

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