



A member of Alameda Health System

Alameda Health System 2016 PRENATAL CLASSES

All Classes are from 10:30 AM to 12 Noon
in the K6 Conference Room

January	January 4th Car Seat Safety	January 11th Preparing for Childbirth	January 18th No Class	January 25th Breastfeeding and Newborn Care	
February	February 1st Car Seat Safety	February 8th Preparing for Childbirth	February 15th No Class	February 22nd Breastfeeding and Newborn Care	
March	March 7th Car Seat Safety	March 14th Preparing for Childbirth	March 21st No Class	March 28th Breastfeeding and Newborn Care	
April	April 4th Car Seat Safety	April 11th Preparing for Childbirth	April 18th No Class	April 25th Breastfeeding and Newborn Care	
May	May 2nd Car Seat Safety	May 9th Preparing for Childbirth	May 16th No Class	May 23rd Breastfeeding and Newborn Care	
June	June 6th Car Seat Safety	June 13th Preparing for Childbirth	June 20th No Class	June 27th Breastfeeding and Newborn Care	
July	July 4th No Class Holiday	July 11th Preparing for Childbirth	July 18th No Class	July 25th Breastfeeding and Newborn Care	
August	August 1st Car Seat Safety	August 8th Preparing for Childbirth	August 15th No Class	August 22nd Breastfeeding and Newborn Care	
September	September 5th No Class Holiday	September 12th Preparing for Childbirth	September 19th No Class	September 26th Breastfeeding and Newborn Care	
October	October 3rd Car Seat Safety	October 10th Preparing for Childbirth	October 17th No Class	October 24th Breastfeeding and Newborn Care	
November	November 7th Car Seat Safety	November 14th Preparing for Childbirth	November 21st No Class	November 28th Breastfeeding and Newborn Care	
December	December 5th Car Seat Safety	December 12th Preparing for Childbirth	December 19th No Class	December 26th Breastfeeding and Newborn Care	
January 2017	January 2nd No Class	Jan 9th Preparing for Childbirth	January 16th No Class	January 23rd Breastfeeding and Newborn Care	

Labor and Delivery Tours

Labor and Delivery tours will be held at noon every Monday
No tours on holidays

For additional class or tour information please call (510) 437-4278