

# 2017 Prenatal & Parenting Classes

Classes conducted at:  
**Windsor Health Center**  
(unless otherwise noted)

100 N. 8th Street - Suite 224  
East St. Louis, IL 62201

<p>6-WEEK Session</p> <p>1</p>	<p><b>PRENATAL CARE</b></p> <p>Week 1 - Keeping Healthy During Pregnancy/Nutrition</p> <p>Week 2 - The No's of Pregnancy/Stress, Alcohol &amp; Drugs</p> <p>Week 3 - The Big Day: Labor &amp; Delivery</p> <p>Week 4 - Post-Partum &amp; Inter-conception Care</p>	<p>All classes are <b>5 p.m. to 7 p.m.</b></p> <p><b>Jan 3</b></p> <p><b>Jan 10</b></p> <p><b>Jan 17</b></p> <p><b>Jan 24</b></p>		
	<p><b>PARENTING</b></p> <p>Week 5 - Caring For Your Baby I</p> <p>Week 6 - Caring For Your Baby II &amp; Graduation</p>	<p><b>Jan 31</b></p> <p><b>Feb 7</b></p>		
	<p>6-WEEK Session</p> <p>2</p>	<p><b>PRENATAL CARE</b></p> <p>Week 1 - Keeping Healthy During Pregnancy/Nutrition</p> <p>Week 2 - The No's of Pregnancy/Stress, Alcohol &amp; Drugs</p> <p>Week 3 - The Big Day: Labor &amp; Delivery</p> <p>Week 4 - Post-Partum &amp; Inter-conception Care</p>	<p>All classes are <b>5 p.m. to 7 p.m.</b></p> <p><b>Feb 21</b></p> <p><b>Feb 28</b></p> <p><b>Mar 7</b></p> <p><b>Mar 14</b></p>	
		<p><b>PARENTING</b></p> <p>Week 5 - Caring For Your Baby I</p> <p>Week 6 - Caring For Your Baby II &amp; Graduation</p>	<p><b>Mar 21</b></p> <p><b>Mar 28</b></p>	
		<p>6-WEEK Session</p> <p>3</p>	<p><b>PRENATAL CARE</b></p> <p>Week 1 - Keeping Healthy During Pregnancy/Nutrition</p> <p>Week 2 - The No's of Pregnancy/Stress, Alcohol &amp; Drugs</p> <p>Week 3 - The Big Day: Labor &amp; Delivery</p> <p>Week 4 - Post-Partum &amp; Inter-conception Care</p>	<p>All classes are <b>5 p.m. to 7 p.m.</b></p> <p><b>Apr 11</b></p> <p><b>Apr 18</b></p> <p><b>Apr 25</b></p> <p><b>May 2</b></p>
			<p><b>PARENTING</b></p> <p>Week 5 - Caring For Your Baby I</p> <p>Week 6 - Caring For Your Baby II &amp; Graduation</p>	<p><b>May 9</b></p> <p><b>May 16</b></p>
<p>6-WEEK Session</p> <p>4</p>			<p><b>PRENATAL CARE</b></p> <p>Week 1 - Keeping Healthy During Pregnancy/Nutrition</p> <p>Week 2 - The No's of Pregnancy/Stress, Alcohol &amp; Drugs</p> <p>Week 3 - The Big Day: Labor &amp; Delivery</p> <p>Week 4 - Post-Partum &amp; Inter-conception Care</p>	<p>All classes are <b>5 p.m. to 7 p.m.</b></p> <p><b>May 30</b></p> <p><b>June 6</b></p> <p><b>June 13</b></p> <p><b>June 27</b></p>
			<p><b>PARENTING</b></p> <p>Week 5 - Caring For Your Baby I</p> <p>Week 6 - Caring For Your Baby II &amp; Graduation</p>	<p><b>July 11</b></p> <p><b>July 18</b></p>



**6-WEEK Session**

**5**

**PRENATAL CARE**  
 Week 1 - Keeping Healthy During Pregnancy/Nutrition  
 Week 2 - The No's of Pregnancy/Stress, Alcohol & Drugs  
 Week 3 - The Big Day: Labor & Delivery  
 Week 4 - Post-Partum & Inter-conception Care

**PARENTING**  
 Week 5 - Caring For Your Baby I  
 Week 6 - Caring For Your Baby II & Graduation

All classes are **5 p.m. to 7 p.m.**

**July 25**  
**Aug 1**  
**Aug 8**  
**Aug 15**

**Aug 22**  
**Aug 29**

**6-WEEK Session**

**6**

**PRENATAL CARE**  
 Week 1 - Keeping Healthy During Pregnancy/Nutrition  
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**PARENTING**  
 Week 5 - Caring For Your Baby I  
 Week 6 - Caring For Your Baby II & Graduation

All classes are **5 p.m. to 7 p.m.**

**Sept 12**  
**Sept 19**  
**Sept 26**  
**Oct 3**

**Oct 10**  
**Oct 17**

**6-WEEK Session**

**7**

**PRENATAL CARE**  
 Week 1 - Keeping Healthy During Pregnancy/Nutrition  
 Week 2 - The No's of Pregnancy/Stress, Alcohol & Drugs  
 Week 3 - The Big Day: Labor & Delivery  
 Week 4 - Post-Partum & Inter-conception Care

**PARENTING**  
 Week 5 - Caring For Your Baby I  
 Week 6 - Caring For Your Baby II & Graduation

All classes are **5 p.m. to 7 p.m.**

**Oct 24**  
**Oct 31**  
**Nov 7**  
**Nov 14**

**Nov 21**  
**Nov 28**

*Want more information on classes or Healthy Start services?*

Call **Tracy Kelly, (618) 646-2505** or **Quintella Matthews, (618) 482-7179**

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