



NOW@Virginia Mason Memorial



Infant CPR

Thursday, September 14 / 6:30–8:00 p.m.
Memorial Education Center / 2506 W. Nob Hill Blvd., Yakima

This class does not qualify for a certification card. Cost is \$5 per person. To register, please call 509-248-7322 or online at yakimamemorial.org/newbaby.

Unintentional choking and suffocation are the leading causes of all injury deaths for infants under one year of age. Learn to recognize when a baby needs rescue breathing, how to start CPR, and how to care for an infant who's choking. This course provides current CPR instructions and information.



Breastfeeding support

Do you ever ask...

*Will I be able to breastfeed after my baby is born?
Am I doing this right? Is this supposed to hurt like this?
Is my baby getting enough to eat?*

You are not alone. All pregnant and nursing moms are welcome to stop by with questions **every Wednesday, anytime from Noon–1:00 p.m.** Bring your baby for weight check too!

Memorial Maternal Health Services / 2903 W. Walnut Ave., Yakima
(Located just to the North of Memorial Hospital)

No charge and no appointment is needed.
For more information, call 509-575-8160.

Childbirth Education Classes:

Learn what to expect during late pregnancy, labor delivery and postpartum. Practice relaxation and breathing techniques, comfort measures and discuss medication options for delivery. You should end your classes one month before your due date if possible. A variety of class formats are available, including classes for teens and online. Included with your childbirth class (at no additional charge) are two of our onetime classes.

Breastfeeding—What you need to know to get started and get through those first few weeks when breastfeeding can be most challenging as well as the benefits of breastfeeding.

Baby Basics—Learn all about baby care, diapering, swaddling, taking your baby's temperature, bathing and more.

Boot Camp for New Dads—Designed for first-time dads—This workshop will prepare you on how to support your partner and you will learn how to engage with your new infant once he/she arrives and gives you the confidence to go through the journey of becoming a dad.

Additional Classes and Education

Pre-natal Yoga helps decrease tension, improve flexibility and strength, prepare for the birthing process, and cultivate a connection between mother and child.

Register online at yakimamemorial.org/momandbaby or call 509-248-7322.

Para más información sobre las clases en español, llame al 509-225-3178 o 509-577-5015.