

Pregnancy & Birth Center

2016 Program Dates

Breastfeeding Class \$25

P&BC Classroom

Saturday's 10:00 a.m. - noon

January 23rd	July 23rd
February 20th	August 13th
March 12th	September 24th
April 16th	October 15th
May 21st	November 19th
June 18th	December 17th

Sibling Class \$20

P&BC Classroom

Sunday's 10:00 a.m. – 11:30 a.m.

January 3 rd	July 3 rd
February 7 th	August 7 th
March 6 th	September 4 th
April 3 rd	October 2 nd
May 1 st	November 6 th
June 5 th	December 4 th

Family & Friends Pediatric CPR

P&BC Classroom

6:30 p.m. – 9:00 p.m.

January 13 th	June 8th
February 10 th	August 10 th
March 9 th	September 14 th
April 13 th	October 12 th
May 11 th	November 9 th

Car Seat Fitting Station at the Middletown Police Department

To schedule an appointment,
call (860) 638-4000 or email:

rdavis@middletownctpolice.com or
dclark@middletownctpolice.com.

Prepared Childbirth Classes:

\$100 per couple. Please call for dates &
times of classes as they are held on an
ongoing basis.

Newborn Care Class \$30

P&BC Classroom

Sunday's 1:00 p.m. – 4:00 p.m.

January 10th	July 10th
February 7th	August 14th
March 6th	September 18th
April 3rd	October 16th
May 1st	November 13th
June 12th	December 18th

Infant Massage Class \$30

P&BC Classroom

Saturday's 9:00 a.m. – 10:30 a.m.

January 9 th	July 30 th
February 13 th	August 27 th
March 19 th	September 10 th
April 23 th	October 22 th
May 21 th	November 19 th
June 18 th	December 10 th

Pregnancy & Birth Center

Informational Session & Tour

5:30 p.m. – 6:30 p.m.

Held twice a month on Tuesday's or Wednesday's.
Registration required - Free of Charge.

Prenatal & Postpartum Yoga/Pilates Class

We offer Prenatal yoga, Couples Prenatal yoga,
Postpartum yoga and Parent and Toddler yoga.
Please call or go online for available
dates & times of classes as they are held on an
on-going basis.

****Registration is required for all classes****

You can register online at:

www.middlesexhospital.org or

Contact **Melissa Revicki, MSN, RN-C**

Nurse Navigator, Pregnancy & Birth Center
(860) 358-6699