

# 2020 PRENATAL PARENTING CLASSES

**Maternal and Child Health Education**  
**Forsyth County Department of Public Health**  
799 Highland Avenue Winston-Salem, NC 27101  
Phone: 336-703-3206 Fax: 336-727-8034



## SERIES 1

1-15-20  
1-22-20  
1-29-20  
2-5-20  
2-12-20  
2-19-20

## SERIES 2

3-25-20  
4-1-20  
4-8-20  
4-15-20  
4-22-20  
4-29-20

## SERIES 3

5-27-20  
6-3-20  
6-10-20  
6-17-20  
6-24-20  
7-1-20

## SERIES 4

7-29-20  
8-5-20  
8-12-20  
8-19-20  
8-26-20  
9-2-20

## SERIES 5

10-14-20  
10-21-20  
10-28-20  
11-4-20  
11-11-20  
11-18-20

*Classes are free, but pre-registration is required!*

## TOPICS INCLUDE:

- Basic Infant Care and Milestones
- Breastfeeding and Infant Dental Health
- Nutrition and Feeding Solid Foods
- Preventing Illnesses and Injuries
- Safe Sleep, SIDS and Shaken Baby Syndrome
- Family Planning and more!

## CLASSES AND LOCATION:

Participants meet once a week for six weeks to learn skills for raising a healthy, thriving baby. Classes are on Wednesdays 4:30-6:00 p.m. in Meeting Room 2

*Each class includes a light snack, a small baby care gift, and points to earn and spend at our Baby Boutique!*

