



# August 2018

MAYA Organization's  
FREE CLASSES FOR EXPECTANT WOMEN & THEIR PARTNERS

Monday	Tuesday	Wednesday	Thursday	Friday
5— 7:15 p.m. Lamaze 3 <b>30</b>	11 a.m.— 12:30pm Core Class 1 12:30— 2 p.m. Core Class 2 2—3:30 p.m. Core Class 3 <b>31</b>	1 11 a.m.— 12:30 p.m. Core Class 4 12:30— 2 p.m. Core Class 5 2— 3:30 p.m. Core Class 6	11a.m.— 12:30 p.m. Core Class 7 12:30— 2 p.m. Core Class 8 <b>2</b>	11 a.m.— 12:30 pm. Core Class 1 12:30— 2 p.m. Core Class 2 <b>3</b>
5— 7:15 p.m. Lamaze 4 <b>6</b>	11 a.m.— 12:30 p.m. Core Class 3 12:30— 2 p.m. Core Class 4 2— 3:30 p.m. Core Class 5 <b>7</b>	11 a.m.— 12:30 pm Core Class 6 12:30— 2 p.m. Core Class 7 2— 3:30 p.m. Core Class 8 <b>8</b>	<b>MAYA POINTS DAY 10-2</b> 11a.m.— 12:30 p.m. Core Class 1 12:30— 2 p.m. Core Class 2 <b>9</b>	11 a.m.— 12:30 pm. Core Class 3 12:30— 2 p.m. Core Class 4 <b>10</b>
5— 7:15 p.m. Lamaze 5 <b>13</b>	11 a.m.— 12:30 p.m. Core Class 5 12:30— 2 p.m. Core Class 6 2— 3:30 p.m. Core Class 7 <b>14</b>	11 a.m.— 12:30 p.m. Core Class 8 12:30— 2 p.m. Core Class 1 2— 3:30 p.m. Core Class 2 <b>15</b>	11 a.m.— 12:30 p.m. Core Class 3 12:30— 2 p.m. Core Class 4 <b>16</b>	11 a.m.— 12:30 p.m. Core Class 5 12:30— 2 p.m. Core Class 6 <b>17</b>
Classes by appointment <b>20</b>	<b>10-12 EAT BETTER, MOVE MORE</b> 12:30— 2 p.m. Core Class 7 2— 3:30 p.m. Core Class 8 <b>21</b>	11 a.m.— 12:30 p.m. Core Class 1 12:30— 2 p.m. Core Class 2 2— 3:30 p.m. Core Class 3 <b>22</b>	11 a.m.— 12:30 p.m. Core Class 4 12:30— 2 p.m. Core Class 5 <b>23</b>	11 a.m.— 12:30 p.m. Core Class 6 12:30— 2 p.m. Core Class 7 <b>24</b>
5— 7:15 p.m. Breastfeeding <b>27</b>	<b>10-12 EAT BETTER, MOVE MORE</b> 12:30— 2 p.m. Core Class 8 2— 3:30 p.m. Core Class 1 <b>28</b>	11 a.m.— 12:30 p.m. Core Class 2 12:30— 2 p.m. Core Class 3 2— 3:30 p.m. Core Class 4 <b>29</b>	11 a.m.— 12:30 p.m. Core Class 5 12:30— 2 p.m. Core Class 6 <b>30</b>	11 a.m.— 12:30 p.m. Core Class 7 12:30— 2 p.m. Core Class 8 <b>31</b>

<b>Core Class 1</b> <b>Prenatal</b> <i>Fetal development &amp; healthy pregnancy</i>	<b>Core Class 2</b> <b>Your Newborn</b> <i>Infant care in the first six weeks</i>	<b>Core Class 3</b> <b>Baby's Crying</b> <i>Coping with &amp; soothing infant crying</i>	<b>Core Class 4</b> <b>Sleep Like A Baby</b> <i>What to expect for you &amp; your baby's sleep</i>	<b>Core Class 5</b> <b>Baby-on-the-Go</b> <i>Car seat safety &amp; more</i>	<b>Core Class 6</b> <b>Feeding Baby or Breastfeeding Basics</b> <i>Basic Information for newborn feeding</i>	<b>Core Class 7</b> <b>The First Days</b> <i>Surviving postpartum &amp; early parenthood</i>	<b>Core Class 8</b> <b>Environmental Safety</b> <i>Keeping you &amp; baby safe</i>
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