



Severna Park Pregnancy Clinic Free Health and Parenting Classes February Class Schedule

Healthy Pregnancy	Friday, February 17	2 PM
Baby Basics	Wednesday, February 29	7 PM
Deciding Whether to Breastfeed	Wednesday, February 29	8 PM
Considering Adoption		By appointment

Course Descriptions

Healthy Pregnancy Learn how to take care of your body and your baby during your pregnancy. Tips and strategies for staying healthy from start to finish.

Baby Basics Learn about baby sleeping positions, bathing, diapering, cord care, feeding, burping, identifying cries, calming a fussy baby, taking a temperature, and more.

Deciding Whether to Breastfeed Discusses many aspects of breastfeeding, including the how to's and hints, dispelling myths, and addressing concerns.

Considering Adoption—For pregnant woman interested in hearing about current adoption plan options and common misconceptions. Examine the experience for parents and child.



Dates are subject to change. Preregistration is required.
Call 301.262.1330 to register
www.pregnancyclinic.org/lifesense.html

Severna Park Pregnancy Clinic ~ 650 Ritchie Hwy, Suite 307 ~ Severna Park, MD, 21146

Joy Hall, Life Sense Coordinator

Sharon Greenip, M.Ed, Director of Education