

HEALTH & WELLNESS CLASSES



January - June 2009

Pre-registration is required for all classes

Register online at <http://wellness.ucdavis.edu> or call (916) 734-9797
Registration is confirmed when class fee is received

Classes are held at **4900 Broadway Avenue, Suite 1630, Sacramento, CA**
unless otherwise stated in confirmation letter.

Maternal/Child & Pediatric

Baby Basics - Care of the Infant

<u>Wednesday</u>	January 28	6:30 – 9:00 pm
Monday	February 16	6:30 – 9:00 pm
<u>Wednesday</u>	March 25	6:30 – 9:00 pm
“	April 22	6:30 – 9:00 pm
“	May 20	6:30 – 9:00 pm
“	June 24	6:30 – 9:00 pm

CPR For Family and Friends

<u>Monday</u>	Mar 16	4:00 pm - 7:00 pm
	July 27	4:00 pm - 7:00 pm
	Sept 21	4:00 pm - 7:00 pm

Breastfeeding

<u>Monday</u>	January 12	6:30 – 8:30 pm
Thursday	February 12	6:30 – 8:30 pm
<u>Monday</u>	March 16	6:30 – 8:30 pm
“	April 13	6:30 – 8:30 pm
“	May 11	6:30 – 8:30 pm
“	June 8	6:30 – 8:30 pm

Additional Classes

- Adult Asthma Program - Call (916) 734-5676
- Breastfeeding Support Group - Call (916) 734-5051
- Car Seat Safety - Free Class - Call (916) 734-9799
- Diabetes Management – Call (916) 734-8410 or 734-6473
- Pulmonary Rehab Program – (916) 734-2657 or 734-2264
- Smoking Cessation - Call (916) 734-8493 or 734-3761
- Weight Management – Call (916) 734-8410 or 734-6473

Prepared Childbirth (six week course)

<u>Mondays</u>	Jan 19, 26, Feb 2, 9, 16, 23	6:30 – 9:00 pm
<u>Tuesdays</u>	Jan 27, Feb 3, 10, 17, 24 **	6:30 - 9:00 pm
or	Mar 3, 10, 17, 24, 31 **	6:30 - 9:00 pm
or	Apr 14, 21, 28, May 5, 12, 19	6:30 - 9:00 pm
or	May 26, June 2, 9, 16, 23, 30	6:30 - 9:00 pm

**** NOTE – Courses beginning Jan 27
and Mar 3 are 5 weeks only**

<u>Thursdays</u>	Mar 19, 26, Apr 2, 9, 16, 23	6:30 - 9:00 pm
or	May 14, 21, 28, June 4, 11, 18	6:30 - 9:00 pm

Tour of University Birthing Suites

Wednesdays	6:00 pm
Sundays	2:00 pm

For dates - Call (916) 703-2229

See Reverse for Fee Schedule

Updated 10/30/08

HEALTH & WELLNESS CLASS FEES

**Fees are due prior to class date and may be paid
with cash, check or credit card.**

<u>Class</u>	<u>UCD Patients</u>	<u>Community</u>
Baby Basics	\$20	\$30
Breastfeeding	\$20	\$30
Prepared Childbirth – 6 Week Course	\$65	\$80
CPR For Family and Friends	\$25 <u>per Person</u>	\$25

*** Fees for all classes, except CPR, include patient and coach, partner, or another family member.