

HEALTH & WELLNESS CLASSES

July - December 2009

Pre-registration is required for all classes

Register online at 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>	July 15	6:30 – 9 p.m.
	August 19	6:30 – 9 p.m.
	September 23	6:30 – 9 p.m.
	October 21	6:30 – 9 p.m.
	November 18	6:30 – 9 p.m.
	December 30	6:30 – 9 p.m.

Breastfeeding

<u>Thursday</u>	July 9	6:30 – 8:30 p.m.
<u>Monday</u>	August 10	6:30 – 8:30 p.m.
	September 21	6:30 – 8:30 p.m.
	October 12	6:30 – 8:30 p.m.
	November 9	6:30 – 8:30 p.m.
	December 7	6:30 – 8:30 p.m.

Prepared Childbirth (six week course)

<u>Tuesdays</u>	Jul 14, 21, 28, Aug 4, 11, 18	6:30 - 9 p.m.
or	Aug 25, Sep 1, 8, 15, 22, 29	6:30 - 9 p.m.
or	Oct 6, 13, 20, 27, Nov 3, 10	6:30 - 9 p.m.
* or	Dec 1, 8, 15, 22, 29	6:30 - 9 p.m.

*** NOTE – Dec 1 - 29 course is five weeks only**

<u>Thursdays</u>	Jul 23, 30, Aug 6, 13, 20, 27	6:30 - 9 p.m.
or	Sep 24, Oct 1, 8, 15, 22, 29	6:30 - 9 p.m.
** or	Nov 12, 19, 23 , Dec 3, 10	6:30 - 9 p.m.

**** The November 23 class is on Monday**
**** The Nov 12 - Dec 10 course is 5 weeks only**

CPR for Family and Friends

<u>Monday</u>	Jul 27	4 - 7 p.m.
	Sep 21	4 - 7 p.m.

Additional Classes

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

Tour of University Birthing Suites

Wednesdays	6 p.m.
Sundays	2 p.m.

For dates call (916) 703-BABY / (916) 703-2229

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>UC Davis 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 <u>per person</u>

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