

# HEALTH & WELLNESS CLASSES

## January - June 2010

Pre-registration is required for all classes

Register online at [wellness.ucdavis.edu](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

January 13	6:30 – 9 p.m.
February 11	6:30 – 9 p.m.
March 11	6:30 – 9 p.m.
April 12	6:30 – 9 p.m.
May 12	6:30 – 9 p.m.

#### CPR for Family and Friends

January 25	4 - 7 p.m.
April 19	4 - 7 p.m.

#### Breastfeeding

January 11	6:30 – 8:30 p.m.
February 9	6:30 – 8:30 p.m.
March 8	6:30 – 8:30 p.m.
April 12	6:30 – 8:30 p.m.
May 10	6:30 – 8:30 p.m.
June 7	6:30 – 8:30 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

#### Prepared Childbirth (six week course)

Jan 14, 21, 28, Feb 4, 11 & 18	6:30 - 9 p.m.
Mar 1, 8, 15, 22 & 29	6:30 - 9 p.m.
Mar 11, 18, 25, Apr 1, 8 & 15	6:30 - 9 p.m.
Apr 6, 13, 20, 27, May 4 & 11	6:30 - 9 p.m.
Apr 29, May 6, 13, 20, 27 & Jun 3	6:30 - 9 p.m.

\* The March 1 series of classes is only 5 weeks

#### Prepared Childbirth, Condensed

Jan 27 & Feb 3	5:30 – 9:30 p.m.
Jan 30	9 a.m – 4 p.m.
Feb 10 & 17	5:30 – 9:30 p.m.
May 10 & 17	5:30 – 9:30 p.m.

#### Tour of University Birthing Suites

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

For dates call (916) 703-BABY (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
Prepared Childbirth, Condensed	\$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.