



Embracing Motherhood Empowering Families 2021 Schedule

July 2021-

Tuesday, July 6th:

5-7pm Session 1: Healthy Pregnancy/
Prenatal Care

7-9pm Session 3: Labor and Delivery

Monday, July 12th:

5-7pm Session 2: Healthy
Nutrition

7-9pm Session 5: Infant Care

Monday, July 19th:

5-7pm Session 4: Infant Feeding/
Breastfeeding basics

7-9pm Session 6: Postpartum and
Interconception Care

August 2021-

Monday, August 2nd

5-7pm Session 3: Labor and Delivery

7-9pm Session 1: Healthy Pregnancy/
Prenatal Care

Monday, August 9th:

5-7pm Session 5: Infant Care

7-9pm Session 2: Healthy
Nutrition

Monday, August 16th:

5-7pm Session 6: Postpartum Recovery/
Interconception Care

7-9pm Session 4: Infant Feeding/
Breastfeeding Basics

Questions:

Reno County Health Department
620.694.259-8444

Facebook: [@bumptobabyrenocounty](https://www.facebook.com/bumptobabyrenocounty)

For in-depth classroom materials go to:

<http://www.renogov.org/582/Becoming-a-mom>

September 2021-

Tuesday, September 7th:

5-7pm Session 1: Healthy Pregnancy/
Prenatal Care

7-9pm Session 3: Labor and Delivery

Monday, September 13th:

5-7pm Session 2: Healthy
Nutrition

7-9pm Session 5: Infant Care

Monday, September 20th:

5-7pm Session 4: Infant Feeding/
Breastfeeding basics

7-9pm Session 6: Postpartum Recovery/
Interconception Care

October 2021-

Monday, October 4th:

5-7pm Session 3: Labor and Delivery

7-9pm Session 1: Healthy Pregnancy/
Prenatal Care

Monday, October 11th:

5-7pm Session 5: Infant Care

7-9pm Session 2: Healthy
Nutrition

Monday, October 18th:

5-7pm Session 6: Postpartum Recovery/
Interconception Care

7-9pm Session 4: Infant Feeding/
Breastfeeding Basics

SESSIONS LOCATED AT:

Hutchinson Regional Medical Center
1701 E 23rd Ave
Hutchinson, KS 67502
Conference Room B and C