



**Embracing Motherhood  
Empowering Families  
2020 Schedule**

**November 2021-**

**Monday, November 1st:**

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

***7-9pm Session 3:*** Labor and Delivery

**Monday, November 8th:**

***5-7pm Session 2:*** Healthy Nutrition

***7-9pm Session 5:*** Infant Care

**Monday, November 15th:**

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

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

**SESSIONS LOCATED AT:**

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

**Questions:**

Reno County Health Department  
620.259-8444

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

For in-depth classroom materials go to:

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

**December 2021-**

**Monday, December 6th:**

***5-7pm Session 3:*** Labor and  
Delivery

***7-9pm Session 1:*** Prenatal Care

**Monday, December 13th:**

***5-7pm Session 5:*** Infant Care

***7-9pm Session 2:*** Healthy  
Nutrition

**Monday, December 20th:**

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

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