



**Embracing Motherhood
Empowering Families
2024 Schedule**



January 2024-

Tuesday, January 2nd:

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

7-9pm Session 3: Labor and Delivery

Monday, January 8th:

5-7pm Session 2: Healthy Nutrition

7-9pm Session 5: Infant Care

Tuesday, January 16th:

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

7-9pm Session 6: Postpartum and Interconception
Care

February 2024-

Monday, February 5th

5-7pm Session 3: Labor and Delivery

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

Monday, February 12th:

5-7pm Session 5: Infant Care

7-9pm Session 2: Healthy Nutrition

Monday, February 19th:

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

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

March 2024-

Monday, March 4th

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

7-9pm Session 3: Labor and Delivery

Monday, March 11th:

5-7pm Session 2: Healthy Nutrition

7-9pm Session 5: Infant Care

Monday, March 18th:

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

7-9pm Session 6: Postpartum and Interconception
Care

SESSIONS LOCATED AT:

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



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April 2024-

Monday, April 1st:

5-7pm Session 3: Labor and Delivery

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

Monday, April 8th:

5-7pm Session 5: Infant Care

7-9pm Session 2: Healthy Nutrition

Monday, April 15th:

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

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

May 2024-

Monday, May 6th:

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

7-9pm Session 3: Labor and Delivery

Monday, May 13th:

5-7pm Session 2: Healthy Nutrition

7-9pm Session 5: Infant Care

Monday, May 20th:

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

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

June 2024-

Monday, June 3rd:

5-7pm Session 3: Labor and Delivery

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

Monday, June 10th:

5-7pm Session 5: Infant Care

7-9pm Session 2: Healthy Nutrition

Monday, June 17th:

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

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

Questions:

Reno County Health Department

620-259-8444

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

For in-depth classroom materials go to:

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

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

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