

### Embracing Motherhood Empowering Families 2025 Schedule

Emi Emi 202

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# July 2025-

Monday, July 7th:

5-7pm Session 5: Infant Care

7-9pm Session 3: Labor and Delivery

Monday, July 14th:

5-7pm Session 2: Healthy Nutrition

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

Monday, July 21st:

5-7pm Session 4: Infant Feeding/Breastfeeding

basics

7-9pm Session 6: Postpartum

Recovery/Interconception Care

## August 2025-

Monday, August 4th:

5-7pm Session 3: Labor and Delivery

7-9pm Session 5: Infant Care

Monday, August 11th:

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

7-9pm Session 2: Healthy Nutrition

Monday, August 18th:

5-7pm Session 6: Postpartum

Recovery/Interconception Care

7-9pm Session 4: Infant Feeding/Breastfeeding

**Basics** 

## September 2025-

Tuesday, September 2nd

5-7pm Session 5: Infant Care

7-9pm Session 3: Labor and Delivery

Monday, September 8th:

5-7pm Session 2: Healthy Nutrition

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

Monday, September 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 23<sup>rd</sup> Avenue, Hutchinson, KS 67502 Conference Room B and C



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### October 2025-

Monday, October 6th:

5-7pm Session 3: Labor and Delivery

7-9pm Session 5: Infant Care

Monday, October 13th:

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

7-9pm Session 2: Healthy Nutrition

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5-7pm Session 6: Postpartum

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## November 2025-

Monday, November 3rd:

5-7pm Session 5: Infant Care

7-9pm Session 3: Labor and Delivery

Monday, November 10th:

5-7pm Session 2: Healthy Nutrition

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

Monday, November 17th:

5-7pm Session 4: Infant Feeding/Breastfeeding

basics

7-9pm Session 6: Postpartum

Recovery/Interconception Care

### December 2025-

Monday, December 1st:

5-7pm Session 3: Labor and Delivery

7-9pm Session 5: Infant Care

Monday, December 8th:

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

7-9pm Session 2: Healthy Nutrition

Monday, December 15th:

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
For in-depth classroom materials go to:
http://www.renocountyks.gov/womens-health

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