

January-December 2022



first impressions

Making a First Impression ... Leaving a Lasting Memory



All classes are held at Licking Memorial Hospital in the First Floor Conference Rooms unless otherwise noted. Classes held in the Auditorium are denoted with (A). All classes offered free of charge. To register for classes, visit LMHealth.org or call (220) 564-3388.

Childbirth Education Classes

Be prepared for your baby's birth! Learn about relaxation (including techniques for your support partner to assist with your comfort and relaxation), breathing techniques, labor, delivery, and your newborn. This class is for expectant mothers and their coaches. Healthy snacks will be provided.

Saturdays, 10:00 a.m. – 12:00 Noon (in person)

January 8	May 7	September 3
February 5	June 4	October 1
March 5	July 2	November 5
April 2	August 6	December 10

Mondays, 6:00 – 8:30 p.m. (online)

January 17	March 14	September 12
February 21	May 16	

Mondays, 6:00 – 8:30 p.m. (in person)

April 11 (A)	August 22	December 19
June 13 (A)	October 10 (A)	
July 18	November 14 (A)	

Boot Camp for New Dads

You will leave the class feeling more confident, prepared for fatherhood, and ready to be a team with your baby's mother. Content topics include the needs of new mothers, babies, and the role of fathers. This class is led by Master Coach Fathers and veteran dads with babies.

Saturdays, 9:00 a.m. – 12:00 Noon (in person)

January 29	May 28	September 24
February 12	June 11 (A)	October 29
March 19	July 30	November 26
April 30	August 13	

Sibling Preparation Class

This class is designed to help older siblings, ages 2 to 8 years old, understand their place within the family. It includes discussion of a baby's appearance and what to expect when visiting mom and new baby.

Wednesdays, 6:00 – 8:00 p.m. (in person)

January 5	May 11	September 7
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Mother-baby Basics

Find out about infant growth and development, infant stimulation, newborn care, infant and child safety, and CPR.

Thursdays, 6:00 – 8:30 p.m. (online)

January 13	February 10	March 10	May 12
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Thursdays, 6:00 – 8:30 p.m. (in person)

April 7	July 7	September 8 (A)	November 10 (A)
June 9 (A)	August 11 (A)	October 6	December 8

Saturdays, 9:00 a.m. – 12:00 Noon (in person)

January 22	April 16	July 23	October 15
February 26	May 21	August 27	November 19
March 26	June 18	September 17	December 17

Prenatal Breastfeeding Basics Class

This class is designed to provide expectant parents with information about the benefits of breastfeeding for mothers, babies and society. Parents will learn the basics of breastfeeding – including skills and techniques necessary for successful breastfeeding – and will have an opportunity to speak with one of our International Board Certified Lactation Consultants.

Tuesdays, 6:00 – 8:30 p.m. (online)

January 4	February 1	May 3
January 18	March 1	

Tuesdays, 6:00 – 8:30 p.m. (in person)

March 15	July 5	September 20	December 13
April 5	July 19	October 4	
May 17	August 2	November 1	
June 7	September 6	November 15	

Saturdays, 10:00 a.m. – 12:30 p.m. (in person)

February 19	June 25	October 22
April 23	August 20	December 3

Grandparenting

This class offers expectant grandparents information on infant care. It focuses on changes in the best and safest practices for caring for newborns in recent years.

Wednesdays, 6:00 – 8:00 p.m. (in person)

March 9	July 6	November 9
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Licking Memorial Health Systems

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