



# Baby Steps

## Calendar 2018

All classes are free and held Thursdays in the community classroom at Central Carolina Hospital, 1135 Carthage St., Sanford, NC  
 Register online at [CentralCarolinaHospital.com](http://CentralCarolinaHospital.com)  
 or call 800-483-6385

### January Classes

4 Prepared Childbirth  
 11 Prepared Childbirth  
 18 Prepared Childbirth  
 25 Prepared Childbirth

### February Classes

8 Newborn Care  
 15 Breastfeeding  
 22 Prepared Childbirth

### March Classes

1 Prepared Childbirth  
 8 Prepared Childbirth  
 15 Prepared Childbirth  
 22 Newborn Care  
 29 Breastfeeding

### April Classes

5 Infant CPR  
 14 Prepared Childbirth\*\*\*

### May Classes

3 Newborn Care  
 10 Breastfeeding  
 17 Prepared Childbirth  
 24 Prepared Childbirth  
 31 Prepared Childbirth

### June Classes

7 Prepared Childbirth  
 14 Newborn Care  
 21 Breastfeeding  
 28 Infant CPR

### July Classes

12 Prepared Childbirth  
 19 Prepared Childbirth  
 26 Prepared Childbirth

### August Classes

2 Prepared Childbirth  
 9 Newborn Care  
 16 Breastfeeding  
 23 Prepared Childbirth  
 30 Prepared Childbirth

### September Classes

6 Prepared Childbirth  
 13 Prepared Childbirth  
 20 Newborn Care  
 27 Breastfeeding

### October Classes

4 Infant CPR  
 13 Prepared Childbirth \*\*\*  
 25 Newborn Care

### November Classes

1 Breastfeeding  
 8 Prepared Childbirth  
 29 Prepared Childbirth

### December Classes

6 Prepared Childbirth

### January 2019 Classes

3 Newborn Care  
 10 Breastfeeding  
 17 Infant CPR  
 24 Prepared Childbirth

\*\*\* These are all day Saturday classes. They will start at 9 am.