



WEEKEND LAMAZE CLASSES 2023 DATES

January 21
February 11
March 11
April 15
May 13
June 10
July 15
August 12
September 9
October 14
November 18
December 16



Couples should plan on attending the class as close to their due date as possible, so that the information is not forgotten!

Class times are 8:30 a.m. – 4:30 p.m. Please pack a lunch to bring.

Cost: **\$175** (insurance often covers part of the cost!)

Prior to your class date visit our website at <https://www.hunterdonhealth.org/services/maternity-and-newborn-care-center> to take a virtual tour of our Maternity and Newborn Care Center.

All classes are held at the Hunterdon Medical Center Education Center, 215 Route 31, just north of HMC. Preregistration is required. Please call Parenting and Childbirth Education Services at 908-788-MOMS (6667) if you have any questions, otherwise please use the enclosed registration form to reserve your place.