2017 Chinese Prenatal Classes
2017 广东话产前课程时间表

Kaiser Permanente San Francisco
Health Education Department (415) 833-3450
Or e-mail: SFHealthed@kp.org

时间：星期二晚上 **6:30** 至 **8:30**
地址：2238 Geary Blvd, 七楼, 明珠室（Pearl Room）
电话：**(415) 833-2239; (415) 833-3450**

请预约：可致电预约，也可向前台登记人员和医生助理咨询并请求帮助预约。
日期及时间可能会有更改。

第一课：早期怀孕：
1/3, 3/7, 5/2, 7/11, 9/5, 11/7

第三课：晚期怀孕：
1/10, 3/14, 5/9, 7/18, 9/12, 11/14

第三课： 分娩呼吸及放松技巧：
1/17, 3/21, 5/16, 7/25, 9/19, 11/21

第四课： 新生婴儿照顾及护理：
1/24, 3/28, 5/23, 8/1, 9/26, 11/28

第五课：母乳喂养技巧
1/31 4/4, 6/6, 8/8, 10/3, 12/5

Time: Tuesday evening **6:30** pm to **8:30** pm
Location: 2238 Geary Blvd., 7th Floor, Pearl Room
Phone: **(415) 833-2239; (415) 833-3450**

Pre-registration is required. Dates and times are subject to change.

Class I: Healthy Pregnancy *(For participants 6- 28 weeks)*
1/3, 3/7, 5/2, 7/11, 9/5, 11/7

Class II: Late Pregnancy (*For participants* 30-36 weeks):
1/10, 3/14, 5/9, 7/18, 9/12, 11/14

Class III: Breathing and Relaxing Technique at Labor
(*For participants* 30-36 weeks):
1/17, 3/21, 5/16, 7/25, 9/19, 11/21

Class IV: New Born Care (*For participants* 28-36 weeks):
1/24, 3/28, 5/23, 8/1, 9/26, 11/28

Class V: Breast Feeding Technique
(*For participants* 28-36 weeks):
1/31 4/4, 6/6, 8/8, 10/3, 12/5