

# Healthy Beginnings Classes July–September 2017

Health Education Department, San Jose Medical Center  
One North, 260 International Circle, 1<sup>st</sup> Floor  
(408) 972-3340, [kp.org/sanjose](http://kp.org/sanjose)

At Kaiser Permanente, we offer many resources to help you and your partner prepare for your baby. Learn about what to expect during and after pregnancy including labor and delivery, breastfeeding and more!

## Healthy Pregnancy

1-Session, No cost

**Thursdays, 3:30PM – 4:30PM**

- July 13
- August 10
- September 7

**Thursdays, 5:30PM – 6:30PM**

- July 20
- August 17
- September 21

## Late Pregnancy

1-Session, No cost

**Thursdays, 8:30AM – 10:30AM**

- July 13
- August 10
- September 14

**Thursdays, 6PM – 8PM**

- July 27
- Wednesdays, 6PM – 8PM**
- August 23
- September 27

## Meet the Midwives of Kaiser Permanente San Jose

1-Session, No cost

**Tuesdays, 6PM – 7:30PM**

- July 18
- September 19

## Labor and Delivery Tour

Please visit

[kp.org/mydoctor/pregnancy](http://kp.org/mydoctor/pregnancy)  
for a virtual tour or call 408-972-3340 to pre-register for an in-person tour

## Childbirth Preparation

1-Session, No cost

**Wednesdays, 8:30AM – 12:30PM**

- July 5
- July 26
- August 2
- August 23
- September 20
- September 27

**Wednesdays, 4PM – 8PM**

- July 12
- August 9
- September 6

**Saturdays, 8:30AM – 12:30PM**

- July 22
- August 12
- September 2

## Breastfeeding

1-session, No cost

**Monday, 8:30AM – 10:30AM**

- July 24
- Tuesdays, 8:30AM – 10:30AM**
- July 11
- August 8
- September 12

**Tuesdays, 6:30PM – 8:30PM**

- August 1
- September 5

**Wednesdays, 6PM – 8PM**

- July 19
- August 16
- September 20

## *Breastfeeding is also offered in Spanish!*

Please call 408-972-3340 for  
dates and times

## Breastfeeding Support Group

Drop-in, No cost

**Tuesdays & Thursdays,  
10:30AM – 12PM**

276 International Circle, Family  
Health Center, 3<sup>rd</sup> Floor  
Conference Rooms A – F

## Newborn Care

1-Session, No cost

**Wednesdays, 6:30PM – 8:30PM**

- July 12
- August 9
- September 13

**Thursdays, 1:30PM – 3:30PM**

- July 20
- Thursdays, 2PM – 4PM**
- August 17
- September 14

## Peripartum Emotional Health Support Series (birth to 1 year)

Drop-in, No cost

**Fridays, 10AM – 11:30AM**

5755 Cottle Road Building 3  
*Newborns welcome,  
unfortunately we cannot  
accommodate other children*

## Spanish Peripartum Emotional Health Support Series (birth to 1 year)

Drop-in, No cost

**1<sup>st</sup> and 3<sup>rd</sup> Tuesdays,  
9:30AM – 11AM**

Call our Healthy Living Center  
at 408-972-3340 to receive  
more information

**PRE-REGISTRATION IS REQUIRED, ONE SUPPORT PERSON WELCOME AT ALL CLASSES  
CALL: 408-972-3340 OR 408-972-6715  
SCHEDULE SUBJECT TO CHANGE**

# Healthy Beginnings Resources

Health Education Department, San Jose Medical Center  
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(408) 972-3340, [kp.org/sanjose](http://kp.org/sanjose)



At Kaiser Permanente, we help deliver 38,000 babies each year. Our expert doctors, nurse practitioners, midwives, lactation consultants, and specialists are thrilled to partner with you.

## We're here to help you every step of the way for you and the baby.

On [kp.org](http://kp.org), we offer tips and resources to help you through your baby's first year. Subscribe through your OB/GYN provider's home page at [kp.org/mydoctor](http://kp.org/mydoctor).

For more resources, visit:

- [kp.org/mydoctor/pregnancy](http://kp.org/mydoctor/pregnancy)
- [kp.org/mydoctor/breastfeeding](http://kp.org/mydoctor/breastfeeding)

## Start managing your health online on your time – anytime, anywhere

Sign on anytime to:\*

- Schedule and cancel your prenatal appointments.
- View most lab test results.
- Refill most prescriptions.
- Email your doctor's office with non-urgent questions.
- Print vaccination records for school, sports, and camp.
- Manage your child's health care

Visit: [kp.org/registernow](http://kp.org/registernow)

Download the My Doctor Online App: [kp.org/mydoctor/mobile](http://kp.org/mydoctor/mobile)

## Listen to Podcasts to reduce stress and encourage relaxation.

Visit: [kp.org/mydoctor](http://kp.org/mydoctor)

## Watch EMMI videos for more information about your pregnancy.

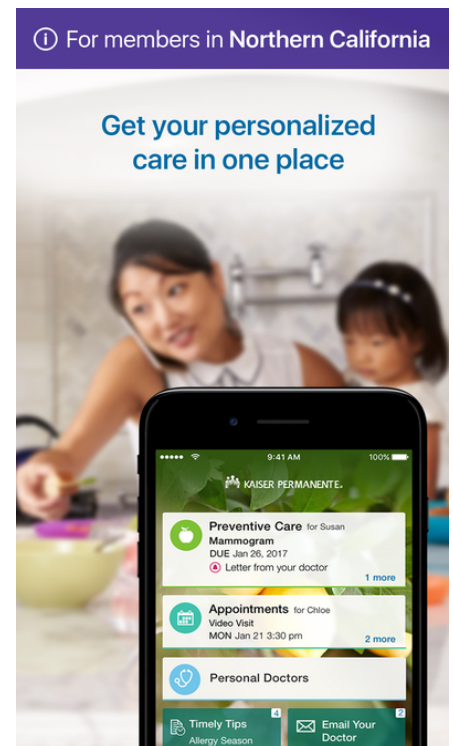
Visit: [kp.org/listen](http://kp.org/listen)

## Prenatal Appointments:

If you need to cancel or re-schedule your prenatal appointments, please call **408-972-6715**. Please be sure to have your medical record number available.

**Your Pregnancy Newsletter** – subscribe to weekly emails and receive updates on your baby's development, and prenatal care!

*Print newsletters are available – please request from OB GYN reception if desired*



Appointments and Advice: 408-362-4740

If you are 20 weeks pregnant and have urgent concerns or think you are in labor, you may call Labor & Delivery directly at 408-972-7502