



Kamm McKenzie Prenatal Course

One-day prenatal course offered each month from 9am to 4pm. It is ideal for patients to participate between 28 and 32 weeks gestation. All in person courses will be held at our Durant Road Office, 10880 Durant Rd., Ste 224, Raleigh, NC 27614.

***Please Note:** Prenatal courses through May 2021 will be held virtually via Zoom. Virtual courses will be divided into two segments held on two different dates.

2020/2021 Courses (Virtual)

- Saturday, December 5th 11:00am - 1:30pm & Tuesday, December 8th 7:00pm - 8:30pm
- Saturday, January 2nd 11:00am - 2:00pm & Monday, January 4th 7:00pm - 8:30pm
- Saturday, February 6th 11:00am - 2:00pm & Monday, February 8th 7:00pm - 8:30pm
- Saturday, March 6th 11:00am - 2:00pm & Monday, March 8th 7:00pm - 8:30pm
- Saturday, April 3rd 11:00am - 2:00pm & Monday, April 5th 7:00pm - 8:30pm
- Saturday, May 1st 11:00am - 2:00pm & Monday, May 3rd 7:00pm - 8:30pm

Pre-Registration is required.

Call (919) 781-6200 ext. 1 to register.

Courses will be filled on a first come, first served basis and limited to 15 couples.

Topics

- ✓ Expecting families will be educated on the stages of labor and birth process
- ✓ Comfort and relaxation techniques to manage pain and ease anxiety
- ✓ Support person will learn their role and ways to help
- ✓ What are medical interventions?
- ✓ How to be prepared for hospital stay
- ✓ Post partum care
- ✓ Breastfeeding Basics
- ✓ Newborn care

Cost- \$110 per couple (not covered by Insurance)

*Classes held virtually are \$75 per couple.



Instructor – Sandy Arnold

Sandy is a Lamaze trained Childbirth Educator, Certified Lactation Consultant and works in Labor and Delivery at WakeMed Raleigh Campus. Sandy has 21 years of experience working with mothers and babies.