



# Kamm McKenzie Prenatal Course

One-day prenatal course offered each month from 10 am to 4:30pm. It is ideal for patients to participate between 28 and 32 weeks gestation. All courses will be held at our Durant Road Office, 10880 Durant Rd., Ste 224, Raleigh, NC 27614.

## 2026 Courses

Saturday, January 3<sup>rd</sup>  
Saturday, February 21<sup>st</sup>  
Saturday, March 7<sup>th</sup>  
Saturday, April 11<sup>th</sup>  
Saturday, May 2<sup>nd</sup>  
Saturday, June 6<sup>th</sup>  
Saturday, July 18<sup>th</sup>  
Saturday, August 1<sup>st</sup>  
Saturday, September 5<sup>th</sup>  
Saturday, October 17<sup>th</sup>  
Saturday, November 7<sup>th</sup>  
Saturday, December 5<sup>th</sup>

## 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

Pre-Registration is required.  
Call (919) 781-6200 ext. 1 to register.  
Courses will be filled on first come-  
first serve basis and limited  
to 10 couples.

Cost- \$125 (not covered by Insurance)



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.