



Kamm McKenzie Prenatal Course

Two-day prenatal course offered each month from 11am-2pm and 7pm-9pm. It is ideal for patients to participate between 28 and 32 weeks gestation. A Zoom link will be emailed to you the week of your scheduled course.

2026 Virtual 2 Day Course

Sunday, January 4 (11 am – 2pm)
Monday, January 5 (7pm-9pm)
Sunday, February 22 (11 am – 2pm)
Monday, February 23 (7pm-9pm)
Sunday, March 8 (11 am – 2pm)
Monday, March 9 (7pm-9pm)
Sunday, April 12 (11 am – 2pm)
Monday, April 13 (7pm-9pm)
Sunday, May 3 (11 am – 2pm)
Monday, May 4 (7pm-9pm)
Sunday, June 7 (11 am – 2pm)
Monday, June 8 (7pm-9pm)
Sunday, July 19 (11 am – 2pm)
Monday, July 20 (7pm-9pm)
Sunday, August 2 (11 am – 2pm)
Monday, August 3 (7pm-9pm)
Sunday, September 6 (11 am – 2pm)
Monday, September 7 (7pm-9pm)
Sunday, October 18 (11 am – 2pm)
Monday, October 19 (7pm-9pm)
Sunday, November 8 (11 am – 2pm)
Monday, November 9 (7pm-9pm)
Sunday, December 6 (11 am – 2pm)
Monday, December 7 (7pm-9pm)

Topics for Day 1

- ✓ 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

Topics for Day 2

- ✓ Breastfeeding & Pumping Basics
- ✓ Formula Preparation
- ✓ Newborn care

\$90 for Virtual Classes

Classes are not covered by Insurance

Pre-Registration is required.

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

Courses will be filled on a first come- first serve basis and limited to 12 couples.



Instructor – Sandy Arnold

Sandy is a Lamaze trained Childbirth Educator, Certified Lactation Consultant and works in Labor and Delivery at Wake Med Raleigh Campus. Sandy has 25 years of experience working with mothers and babies.