

# Get a *Healthy Start* for you & your baby!

Come learn about Parenting, Smoking, Breastfeeding techniques, Breathing techniques, Birth Plans and getting ready for the baby and much more! Family members are welcome and **FATHERS** are encouraged to participate! See the class schedule below and come join!

All Classes are **FREE** of charge.

Class Title	Day of Week / Dates	Time of Class	Language	Contact Person and Phone	Location	Important Information Regarding Class*
Parenting & *Early Pregnancy (Childbirth Education)	Tuesday November (2011) 1, 8, 15 December (2011) 6, 13, 20 January (2012) 3, 10, 17 February (2012) 7, 14, 21	1:00 pm – 3:00 pm	English	Mr. Derrek Batson, BS Senior Health Educator 786-897-6894 <hr/> Mr. Ariel Morel, BA, MS Management Review Specialist 786-877-5368	West Perrine Health Center 18255 Homestead Avenue Miami, Florida 33157 Training Room 203/204	Fathers welcome  *Open to clients who are within their 24 weeks and/or prior to 6 months (Childbirth)  (3 Week series, starts new each month)
Breastfeeding & Interconceptional Counseling	Thursday November (2011) 3, 10, 17 December (2011) 1, 8, 15 January (2012) 5, 12, 19 February (2012) 2, 9, 15	11:00 am – 12:30 pm	English	Mr. Derrek Batson, BS Senior Health Educator 786-897-6894 <hr/> Mr. Ariel Morel, BA, MS Management Review Specialist 786-877-5368	West Perrine Health Center 18255 Homestead Avenue Miami, Florida 33157 Training Room 203/204	Fathers welcome  (3 Week series, starts new each month)
Tobacco Cessation	Tuesday November (2011) 1, 8, 15 December (2011) 6, 13, 20 January (2012) 3, 10, 17 February (2012) 7, 14, 21	5:30 pm – 6:30 pm	English	Mr. Derrek Batson, BS Senior Health Educator 786-897-6894 <hr/> Mr. Ariel Morel, BA, MS Management Review Specialist 786-877-5368	West Perrine Health Center 18255 Homestead Avenue Miami, Florida 33157 Training Room 203/204	Fathers welcome  (3 Week series, starts new each month)

*\*All classes start each month and run on a 3 week cycle period. Please call ahead to register.*



**Classes sponsored by:**



**Healthy Start**