



CLASS SCHEDULE



	Topic	Facilitators
Feb 5	Healthy Starts: Before, During, & Between Pregnancies	Sandi Pontius , Tobacco Education Coordinator, Smoke Free St. Joe
Feb 12*	Preparing for Labor & Birth	Kelli Brien, IBCLC , Birth & Postpartum Doula, Certified Lactation Specialist, Lamaze Certified Childbirth Educator
Feb 19	Mom's & Baby's Appointments and Immunizations	Karen D. Davis, MD
Feb 26*	Eating Well & Staying Active: Pregnancy to Postpartum	Maternal/Infant Health Team, SJCDoh
Mar 5	Navigating Postpartum Recovery	Quisha Jordan, RN , Maternal Infant Health Coordinator, SJCDoh
Mar 12*	Maternal Mental Health & Self-Care	Becki Fulmer, MA , Program Manager, The William J Shaw Center for Children and Families Lisa B. Kelly, LCSW, MPH , Executive Director, Mental Health Awareness of Michiana
Mar 19	Body Changes & Early Oral Health	Mark Shafer, DDS, MPH , Family Dentist, Bittersweet Road Family Dentists
Mar 26*	Creating a Safe Home for Baby	Dr. Cindy Stanton , Family Physician, Southwestern Medical Clinic Sandi Pontius , Tobacco Education Coordinator, Smoke Free St. Joe Jessica Dilling , Environmental Health Specialist, SJCDoh Becki Fulmer, MA , Program Manager, The William J Shaw Center for Children and Families
Apr 2	Infant and Toddler Car Seat Safety	Dr. Cindy Stanton , Family Physician, Southwestern Medical Clinic Maternal/Infant Health Team, SJCDoh
Apr 9*	Breastfeeding & Baby Care Basics	Kelli Brien , Birth & Postpartum Doula, Certified Lactation Specialist, Lamaze Certified Childbirth Educator Maternal/Infant Health Team, SJCDoh
Apr 16	Gestational Diabetes & High Blood Pressure in Pregnancy	Lauren Dietz Gorski
Apr 23*	Pregnancy Complications & Warning Signs	Quisha Jordan, RN , Maternal Infant Health Coordinator, SJCDoh
Apr 30	Giving Your Baby Room to Breathe	Maternal/Infant Health Team, SJCDoh

All classes run 5:30-6:30pm.

*Peer support group offered every 2nd and 4th Thursday from 6:30-7:30pm.

FOR MORE INFORMATION:

📞 (574)-235-9750 Opt. 8

🌐 <https://redcap.link/sjcember>

Participants must register in advance.
Scan the QR code or visit the link to register! →

