



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! →

