

**Becoming a Mom® Prenatal Education Classes - Saline
January – June 2025 schedule**

**All in-person sessions are held at the Saline County Health Department - 125 W. Elm St., Salina
Except for Session #3 – those sessions will be held at SRHC - 400 S. Santa Fe Ave., Salina**

**Tuesday sessions will be held in-person; Wednesday and Thursday sessions will be held via zoom
** Child care is NOT available ****

**If you want to schedule or reschedule your sessions; please contact Tricia at 785-826-6600 ext. 7334;
text 785-819-6005 or email frytr@salinecountyks.gov**

These are registered classes only. You must be pre-registered the day before the desired class you wish to attend.

Tues. Jan. 21 (In-person sessions)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 1 Session 4	Tues. Apr. 22 (In-person sessions)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 4 Session 1
Wed. Jan. 22 (Zoom session)	6:00 pm - 8:00 pm	Session 1	Wed. Apr. 23 (Zoom session)	6:00 pm - 8:00 pm	Session 4
Thurs. Jan. 23 (Zoom session)	6:00 pm - 8:00 pm	Session 4	Thurs. Apr. 24 (Zoom session)	6:00 pm - 8:00 pm	Session 1
Tues. Feb. 18 (In-person sessions)	3:30 pm - 5:30 pm 6:00 pm - 8:30 pm	Session 2 Session 5	Tues. May 20 (In-person sessions)	3:30 pm - 5:45 pm 6:00 pm - 8:00 pm	Session 5 Session 2
Wed. Feb. 19 (Zoom session)	6:00 pm - 8:00 pm	Session 2	Wed. May 21 (Zoom session)	6:00 pm - 8:30 pm	Session 5
Thurs. Feb. 20 (Zoom session)	6:00 pm - 8:30 pm	Session 5	Thurs. May 22 (Zoom session)	6:00 pm - 8:00 pm	Session 2
Tues. Mar. 18 (In-person sessions)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 3 Session 6	Tues. June 17 (In-person sessions)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 6 Session 3
Wed. Mar. 19 (Zoom session)	6:00 pm - 8:00 pm	Session 3	Wed. June 18 (Zoom sessions)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 3 Session 6
Thurs. Mar. 20 (Zoom session)	6:00 pm - 8:00 pm	Session 6			

**** June, July and August months will only
have 2 day/evening sessions available ****

<p>Session 1 – Prenatal Care: What to Expect from Your Prenatal Care / Common Discomforts in Pregnancy Session 2 – Pregnancy Health: Learn How Stress, Certain Foods, & Many Other Things Can Affect Your Pregnancy Session 3 – Signs and Symptoms of Preterm Labor / Labor and Delivery / Why Last Weeks of Pregnancy Matter Session 4 – Infant Feeding / Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the Experienced Breastfeeding Mom Session 5 – Infant Care / Happiest Baby on the Block / Period of Purple Crying / SIDS Risk Reduction/Safe Car Seat Installation Session 6 – Postpartum Recovery / Interconception Health: Regaining Health Between Pregnancies</p>
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**** July-December 2025 schedule is on the backside of this page**

Becoming a Mom® Prenatal Education Classes - Saline
July - December 2025 schedule

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Tues. July 22 3:30 pm - 5:30 pm Session 1
(In-person sessions) 6:00 pm - 8:00 pm Session 4

Wed. July 23 3:30 pm - 5:30 pm Session 4
(Zoom sessions) 6:00 pm - 8:00 pm Session 1

**** only 2 day/evening sessions held in July ****

Tues. Oct. 21 3:30 pm - 5:30 pm Session 4
(In-person sessions) 6:00 pm - 8:00 pm Session 1

Wed. Oct. 22 6:00 pm - 8:00 pm Session 4
(Zoom session)

Thurs. Oct. 23 6:00 pm - 8:00 pm Session 1
(Zoom session)

Tues. Aug. 19 3:30 pm - 5:30 pm Session 2
(In-person sessions) 6:00 pm - 8:30 pm Session 5

Wed. Aug. 20 3:30 pm - 5:45 pm Session 5
(Zoom sessions) 6:00 pm - 8:00 pm Session 2

**** only 2 day/evening sessions held in August ****

Tues. Nov. 18 3:30 pm - 5:45 pm Session 5
(In-person sessions) 6:00 pm - 8:00 pm Session 2

Wed. Nov. 19 6:00 pm - 8:30 pm Session 5
(Zoom session)

Thurs. Nov. 20 6:00 pm - 8:00 pm Session 2
(Zoom session)

Tues. Sept. 16 3:30 pm - 5:30 pm Session 3
(In-person sessions) 6:00 pm - 8:00 pm Session 6

Wed. Sept. 17 6:00 pm - 8:00 pm Session 3
(Zoom session)

Thurs. Sept. 18 6:00 pm - 8:00 pm Session 6
(Zoom session)

Tues. Dec. 16 3:30 pm - 5:30 pm Session 6
(In-person sessions) 6:00 pm - 8:00 pm Session 3

Wed. Dec. 17 6:00 pm - 8:00 pm Session 6
(Zoom session)

Thurs. Dec. 18 6:00 pm - 8:00 pm Session 3
(Zoom session)

<p>Session 1 – Prenatal Care: What to Expect from Your Prenatal Care / Common Discomforts in Pregnancy</p> <p>Session 2 – Pregnancy Health: Learn How Stress, Certain Foods, & Many Other Things Can Affect Your Pregnancy</p> <p>Session 3 – Signs and Symptoms of Preterm Labor / Labor and Delivery / Why Last Weeks of Pregnancy Matter</p> <p>Session 4 – Infant Feeding / Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the Experienced Breastfeeding Mom</p> <p>Session 5 – Infant Care / Happiest Baby on the Block / Period of Purple Crying / SIDS Risk Reduction/Safe Car Seat Installation</p> <p>Session 6 – Postpartum Recovery / Interconception Health: Regaining Health Between Pregnancies</p>
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