

Inova HealthSource CALENDAR



CHILDBIRTH

Childbirth Preparation

A four-week course that provides you and your support person with information on pregnancy, labor, birth, relaxation techniques and the early post-partum period. Other discussion topics include medication, anesthesia and Cesarean birth. Please bring a blanket, pillow and snack for your comfort during class.

SESSIONS 4 FEE \$150/TWO ADULTS

Childbirth Express

Ideal for the busy couple, this condensed six-hour course covers pregnancy, labor, birth, medications, anesthesia and the role of the support person. Learn basic tips for managing labor to practice on your own at home. Please bring a blanket, pillow and snack for your comfort during class.

SESSION 1 FEE \$150/TWO ADULTS

Soothing Touch Infant Massage Class

In this three-week series, parents learn easy and effective massage techniques. Infant massage can promote bonding, relieve discomfort and stimulate your baby. Classes are taught by a certified infant massage instructor and structured for parents to attend with their pre-crawling babies. Please bring a baby doll or teddy bear to class for practice in case baby is sleeping. Registration allows a total of one adult and one baby to attend.

SESSIONS 3 FEE \$80/ADULT-BABY PAIR

Maternity Tours

See where you and your baby will stay during this visit to Labor, Delivery and Recovery, the Nursery and Postpartum Unit; offered for adults only. Tours of the OR and NICU are available separately. Tours conducted in English. We also invite you to take advantage of our convenient virtual maternity tours, available in English and Spanish, by visiting inova.org/childbirth. Tour registration allows for a total of two adults to attend.

Cesarean Birth Preparation

What you and your family need to know about a Cesarean birth. Class includes Cesarean preparation, the surgical procedure and anesthesia, the role of the support person, the recovery period and a hospital tour that includes the OR, when possible.

SESSION 1 FEE \$65/TWO ADULTS

Prenatal Yoga

Learn safe and gentle breathing techniques and stretches. Nurture yourself and your baby while maintaining and improving flexibility and muscle strength as you prepare for childbirth. Class participants are required to provide a note from their doctor approving their participation in class. Classes held Fridays, 5:30 to 7 pm. Summer session classes begin 8/6/10.

SESSIONS 8 FEE \$110

Baby Care

A one-session class for expectant or adopting parents. Information on what to expect from baby, feeding, bathing, diapering, sleeping, crying and safety.

SESSION 1 FEE \$60/TWO ADULTS

Breastfeeding for Success

Prepare for a successful, rewarding breastfeeding experience. Topics include latching, positioning, supply, storage and problem solving. Coaches are encouraged to attend. Registration allows for a total of two adults to attend.

SESSION 1 FEE \$60/TWO ADULTS

Inova HealthSource is proud to offer excellent health education classes across northern Virginia. To view all available childbirth education classes, please visit inova.org/childbirthclasses. You can also call 703-750-8800 for more information.



We encourage expectant parents to register for classes early with the goal of completing all childbirth education by the eighth month of pregnancy.

Please note that the Inova HealthSource Weather Hotline is 703-698-2444.



CHILDBIRTH

Childbirth Refresher

This class is designed for moms who are preparing for a subsequent birth and their partners. The class reviews the labor process, coping techniques, hospital procedures and medications. Please register by the fifth month of pregnancy and attend class no later than the eighth month.

SESSION 1 FEE \$60/TWO ADULTS

Sibling Preparation

An interactive class for children ages three to seven who are expecting a new brother or sister. Siblings talk about what it means to be a big brother or sister and work on a gift for the new baby. Please bring a baby picture of big brother or sister to class. Registration allows for one child and one adult to attend.

SESSION 1 FEE \$30/ADULT-CHILD PAIR

Grandparenting

Learn about important parenting updates and safety practices. This class also discusses ways to support the new family, even from a distance. One adult permitted per registration.

SESSION 1 FEE \$40 PER PERSON

Twins, Triplets & More!

This class is designed with the special needs of parents expecting multiples in mind. Topics include identifying preterm labor, coping with bed rest, what to expect during birth, caring for multiples and information about Inova NICU services. Some breastfeeding information is discussed, but parents are encouraged to register for a separate breastfeeding intensive class if they plan to breastfeed. Registration allows for a total of two adults to attend.

SESSION 1 FEE \$100/TWO ADULTS

New Moms Group

Drop in to the New Moms Group when you are ready to meet new friends and talk about the challenges and joys of being a new mom. An experienced maternal-infant health educator facilitates the informal discussion. The group meets at the 3700 Medical Plaza Building on the Inova Fair Oaks Hospital campus, Wednesdays, 11 am. Pre-registration is not required. For more information, call **703-750-8800**. Babies welcome!

FEE \$5/MOTHER-BABY PAIR

Step and Stroll

Fun fitness class for mothers and stroller-aged children! Total body workout with aerobic, strength and flexibility training in just 60 minutes. Get fit, gain energy and have fun while spending time with your little one and other moms! Classes are held at Fairfax Corner (Fair Oaks Mall is the rain location), Thursdays or Saturdays, 8:45 to 9:45 am. Summer session classes begin 8/2/10.

SESSIONS 8 FEE \$110

*Inova HealthSource is proud to offer excellent health education classes across northern Virginia. To view all available fitness classes, please visit inova.org/fitnessclass. You can also call **703-750-8800** for more information.*

FITNESS

Zumba®

Dance your way to fitness (and have fun!) in this 60-minute class chock-full of funky, Latin-inspired moves! So fun, you'll barely know you are working out! Classes held Saturdays, 11:30 am to 12:30 pm. Summer session classes begin 8/7/10.

SESSIONS 8 FEE \$100

Mat Pilates

A core-strengthening class designed to improve body awareness, breathing, control, movement and flexibility. Appropriate for all fitness levels—

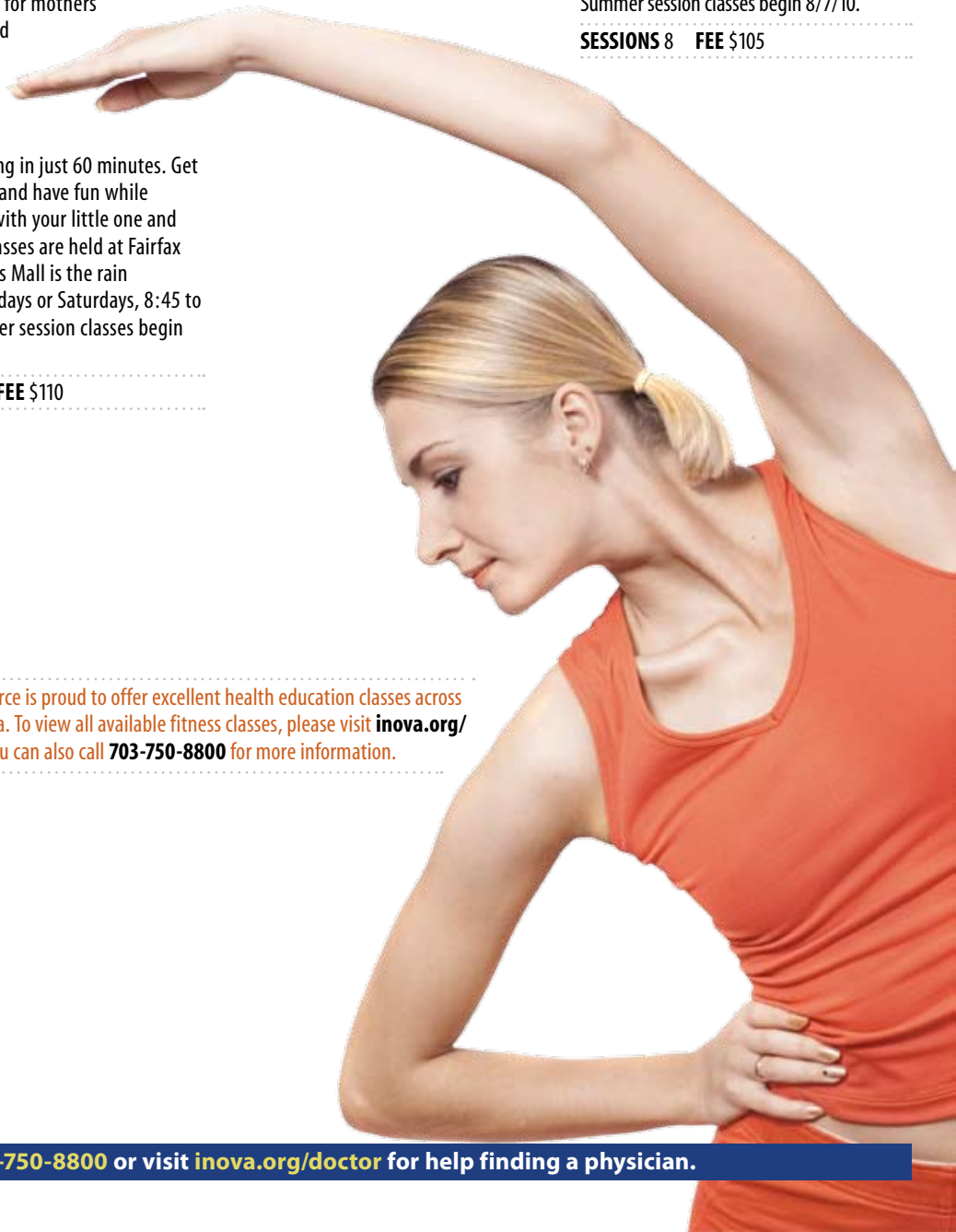
participants should be comfortable working on a mat on the floor. Classes held Wednesdays, 5 to 6:15 pm. Summer session classes begin 8/4/10.

SESSIONS 8 FEE \$105

Mixed-Level Hatha Yoga

This mixed-level class is designed for students of all levels with a focus on classic hatha yoga poses. Emphasis is placed on breathing and body alignment, while moving through yoga poses at a controlled, steady pace. The sequences presented help develop flexibility, strength and balance. Classes held Saturdays, 8 to 9:15 am. Summer session classes begin 8/7/10.

SESSIONS 8 FEE \$105





FITNESS

Yoga

Practice total-body strengthening and stretching while enhancing your mind-body connection through breath control; deep relaxation is also practiced. This class is ideal for participants with previous yoga experience, ready for a moderately-paced class and looking to try new things! Classes held Wednesdays, 10:45 am to noon. Summer session classes begin 8/4/10.

SESSIONS 8 FEE \$105

Beginner Yoga

Perfect for those new to yoga or those looking for a slower-paced class. Learn yoga basics such as proper alignment, movement and breathing techniques while stretching and strengthening your total body. This class also promotes balance and stress relief. Classes held Tuesdays, 11:30 am to 12:45 pm and Thursdays, 5 to 6:15 pm. Summer session classes begin 8/3/10.

SESSIONS 8 FEE \$105

Yoga for Healthy Backs, Necks and Shoulders

This gentle yoga class is specifically designed to help you cope with chronic back, neck and/or shoulder pain. Yoga can help you improve back strength, manage stress and enhance your overall sense of well-being. Classes held Thursdays, 10:30 to 11:45 am. Spring session classes begin 8/5/10.

SESSIONS 8 FEE \$105

Yoga for Seniors

This gentle class specifically designed for the young at heart teaches how yoga can be applied in daily life to alleviate aches, stiffness and stress. Yoga postures can be adapted to those more comfortable working in a chair. Classes held Thursdays, 12 to 1 pm. Summer session classes begin 8/5/10.

SESSIONS 8 FEE \$100

Meditation, Yoga and Breathing Techniques for Relaxation Workshop

Learn how to meditate and how meditation, yoga and breathing techniques for relaxation can enhance your well-being by improving your sense of calm, decreasing stress and increasing happiness. Class held Saturday, August 7, 1 to 3 pm.

SESSION 1 FEE \$50

Line Dance 101

Learn to line dance and get a great cardio workout in the process! No partner required, no experience needed! Classes held at Greenbriar Community Center, Wednesdays, 7:10 to 8:10 pm. Summer session classes begin 8/4/10.

SESSIONS 8 FEE \$105

Line Dance 201

Increase your line dance abilities in this fun class! Perfect for participants ready to move beyond the beginner level. Classes held at Greenbriar Community Center, Wednesdays, 8:15 to 9:15 pm. Summer session classes begin 8/4/10.

SESSIONS 8 FEE \$105

PERSONAL COACHING

Inova HealthSource proudly presents Personal Coaching programs!

Ready to tackle your weight, reach your fitness goals, strengthen your back, kick your tobacco habit to the curb or make healthful changes to your diet? One of our personal coaching programs is perfect for you! Each program is tailored to your needs and will help you achieve your goals. Visit inovahealthsource.com for more detailed information.

DIABETES

Preventing Diabetes

Inova Diabetes Center teaches how to make lifestyle changes to reduce risk of type 2 diabetes. Classes offered at both 2700 Prosperity Ave. and Inova Loudoun Hospital.

LENGTH 2 HOURS SESSIONS 2 FEE \$50

2700 PROSPERITY AVE.
DATE SATURDAY, AUGUST 7, AND SATURDAY, AUGUST 14, 10 AM

INOVA LOUDOUN HOSPITAL
DATE TUESDAY, SEPT. 7, AND TUESDAY, SEPT. 14, 5 PM



CPR AND FIRST AID

Infant CPR

This course is an introduction to CPR skills and choking relief skills for infants (birth to 12 months). At the end of class you may stay to view the First Aid for Children video — no skills practice. Participation course — no card issued. A 2.5 hour course; please do not bring children to class.

LENGTH 2.5 HOURS SESSION 1 FEE \$42/PERSON

TO REGISTER FOR THIS CLASS, CALL **703-750-8800**. AVAILABLE DATES FOR THIS CLASS AT INOVA FAIR OAKS HOSPITAL ARE:

TUESDAY, JULY 13, 2010

WEDNESDAY, JULY 28, 2010

TUESDAY, AUGUST 10, 2010

TUESDAY, AUGUST 24, 2010

WEDNESDAY, SEPTEMBER 8, 2010

WEDNESDAY, SEPTEMBER 22, 2010

CPR and First Aid

Inova HealthSource is a designated provider for the American Heart Association and offers excellent CPR and First Aid classes at a number of convenient northern Virginia locations. Please call **703-750-8800** or visit inova.org/cprclass for dates, times and locations.



LOCATIONS

Inova Fair Oaks Hospital

3600 Joseph Seiweick Dr., Fairfax, VA

Greenbriar Community Center

4615 Stringfellow Rd., Fairfax, VA

Registration: inova.org/healthclasses or call **703-750-8800**.

To register or for more information, visit inova.org/healthclasses or call **703-750-8800**.