Prepared Childbirth Class
Baylor All Saints Medical Center’s Andrews Women’s Hospital will hold a session of the Prepared Childbirth class, Mondays, August 1 through August 22, from 6:30 p.m. to 9 p.m., in the Faxel Conference Room at Baylor All Saints, 1400 Eighth Avenue. The class is designed to prepare couples for childbirth and will cover topics such as breathing and relaxation, methods of anesthesia and cesarean childbirth, plus a tour of the maternity ward at Baylor All Saints. The cost is $85 per couple and participants must bring 2 to 3 pillows and a blanket to each session. To register or for more information, call 1-800-4BAYLOR.

Baby Care Basics
Baylor All Saints Medical Center’s Andrews Women’s Hospital will hold a class on baby care basics, Tuesday, August 2, from 6:30 p.m. to 9 p.m., in the Faxel Conference Room at Baylor All Saints, 1400 Eighth Ave. in Fort Worth. The class is designed to help parents learn the basics of caring for a newborn. Topics such as feeding, diapering, and bathing will be covered. Growth and developmental information along with helpful parenting tips will be included as well. The class is $40 per couple. To register or for more information, call 1-800-4BAYLOR.

Rockin Mommas
Baylor All Saints Medical Center’s Andrews Women’s Hospital will hold a breastfeeding support group, Thursday, August 4, from 10:00 a.m. to 11:30 a.m., in the Faxel Conference Room at Baylor Fort Worth, 1400 Eighth Ave. There is no charge for mothers and their babies to attend. Lactation Consultants are available to answer breastfeeding questions. Moms in attendance dictate the discussion topic of interest to them at each meeting.

Breastfeeding Class
Baylor All Saints Medical Center’s Andrews Women’s Hospital will hold a breastfeeding class, Thursday, August 4, from 6:30 p.m. to 9 p.m., in the Faxel Conference Room at Baylor All Saints, 1400 Eighth Ave. The class will cover topics on the nature and practice of breastfeeding. The class is $40 per couple. To register or for more information, call 1-800-4BAYLOR.

Prepared Childbirth Class
Baylor All Saints Medical Center’s Andrews Women’s Hospital will hold a session of the Prepared Childbirth classes, Saturday, August 6, from 9 a.m. to 5 p.m., in the Faxel Conference Room at Baylor All Saints, 1400 Eighth Avenue. The class is designed to prepare couples for childbirth and will cover topics such as breathing and relaxation, methods of anesthesia and cesarean childbirth, plus a tour of the maternity ward at Baylor All Saints. The cost is $85 per couple and participants must bring 2 to 3 pillows and a blanket to each session. To register or for more information, call 1-800-4BAYLOR.

Weight Loss Surgery Program Informational Seminar
Baylor All Saints Medical Center at Fort Worth will hold a free informational seminar on the weight loss surgery program, Wednesday, August 10, from 6 p.m. to 8 p.m., in the Education Room of the Carter Rehabilitation and Fitness Center on the campus of Baylor Fort Worth, 1400 Eighth Ave. Participants will learn more about the bariatric surgery program offered at Baylor Fort Worth. To
Infant/Child Safety & CPR Class
Baylor All Saints Medical Center’s Andrews Women’s Hospital will hold an infant/child safety and CPR class, Thursday, August 11, from 6:30 p.m. to 9 p.m., at Baylor All Saints, 1400 Eighth Ave in Fort Worth. Upon arrival check with receptionist at Andrews Women’s Hospital for exact location and directions. The class is designed for expectant parents or other family members to learn how to prepare their home to be a safe environment for baby and learn the lifesaving skills of infant and child CPR. The class is $30 per person (unlike most other classes that have a per couple fee, this course is charged per person). To register or for more information, call 1-800-4BAYLOR.

Baby Care Basics
Baylor All Saints Medical Center’s Andrews Women’s Hospital will hold a class on baby care basics, Tuesday, August 16, from 6:30 p.m. to 9 p.m., in the Faxel Conference Room at Baylor All Saints, 1400 Eighth Ave. in Fort Worth. The class is designed to help parents learn the basics of caring for a newborn. Topics such as feeding, diapering, and bathing will be covered. Growth and developmental information along with helpful parenting tips will be included as well. The class is $40 per couple. To register or for more information, call 1-800-4BAYLOR.

Infant Massage Class
Andrews Women’s Hospital at Baylor All Saints Medical Center at Fort Worth will hold an infant massage class, Thursday, August 18, from 6:30 p.m. to 8:30 p.m., in the Faxel Conference Room at Baylor All Saints, 1400 Eighth Ave. The class will cover proven ways to comfort newborns as well as improve digestion, sleep and weight gain. The class is $35 per couple. To register or for more information, call 1-800-4BAYLOR or visit BaylorHealth.com

Prepared Childbirth Class
Baylor All Saints Medical Center’s Andrews Women’s Hospital will hold a session of the Prepared Childbirth class, Saturday, August 20, from 9 a.m. to 5 p.m., in the Faxel Conference Room at Baylor All Saints, 1400 Eighth Avenue. The class is designed to prepare couples for childbirth and will cover topics such as breathing and relaxation, methods of anesthesia and cesarean childbirth, plus a tour of the maternity ward at Baylor All Saints. The cost is $85 per couple and participants must bring 2 to 3 pillows and a blanket to each session. To register or for more information, call 1-800-4BAYLOR.

Sibling Class
Baylor All Saints Medical Center’s Andrews Women’s Hospital will hold a sibling class, Saturday, August 27, from 10:00 a.m. to 11:30 p.m., in the Faxel Conference Room at Baylor All Saints, 1400 Eighth Ave. The class is a hands-on class where holding, diapering and appropriate play will be taught. A tour of Women’s Services is included. Parents must attend with their children. If desired child may bring a small photo of him/her self to be used in a craft in class. The class is $20 for first child, $15 for
second child, $10 for third child – same family. To register or for more information, call 1-800-4BAYLOR.

ONGOING EVENTS

Heart Healthy Education Series
Baylor All Saints Medical Center at Fort Worth will hold a series of free informational seminars on heart health every Monday, Wednesday and Friday, from 7:15 a.m. to 7:45 a.m. and 10:30 a.m. to 11:00 a.m. at the Carter Rehabilitation and Fitness Center, 1400 Eighth Ave. in Fort Worth. The 12-week session of classes will cover a variety of educational topics about heart health. For dates, times and more information, call 817-922-1139.

North Texas Essential Tremor Support Group
Baylor All Saints Medical Center at Fort Worth will hold a session of the North Texas Essential Tremor Support Group the first Saturday of every month, from 10 a.m. to 11:30 a.m. at the Carter Rehabilitation and Fitness Center, Baylor Fort Worth, 1400 Eighth Ave. in Fort Worth. For more information, call 817-922-1890.

Permanent Exhibit Chronicles Baylor’s First 100 Years
Baylor Health Care System celebrated its 100th anniversary in 2003 with the establishment of a permanent historical exhibit titled “Baylor Milestones: Remembering the Past, Embracing the Future.” Visitors are invited to tour the exhibit and follow the 1903–2006 timeline of significant developments in the history of Baylor Health Care System and health care in Dallas. Displays and interactive multimedia presentations feature medical artifacts, historical photographs, memorabilia, videos and voices recounting personal experiences. The permanent exhibit is on display in the atrium of Baylor Medical Plaza on the campus of Baylor University Medical Center at Dallas, 3600 Gaston Ave. Call 1-800-4BAYLOR for more information or (214) 820-2833 to schedule a guided group tour.

Andrew’s Women’s Hospital eLearning Prepared Childbirth Program
Baylor Health Care System has developed this program as an alternative for those who cannot attend a conventional prepared childbirth class due to bed rest, scheduling conflicts or time constraints. The program is an interactive, web-based program that includes animated illustrations, videos, voiceovers and interactive games. The cost of the program is $85 or $40 with purchase of traditional classroom Prepared Childbirth class. Once you pay for the program, a code will be mailed to you. It will be good for 84 days starting from the time you first logon. Your Childbirth Educator’s contact information will be included in the program for questions and support on the contact page.