

Class Descriptions

Pediatric CPR*

A very important skill that every parent should know & hope they'll never need. The class includes hands-on practice of infant & child CPR. (*non-certificate class) Taught by an American Heart Association Instructor.

Story Time

Spend quality time with your child listening to Miss Shirley read stories with her own special presentation.

Preparing for Labor

Let us help you prepare for one of the most important days in your child's life. This class will help you to consider the choices that are available to you for your labor and the birth of your baby.

Breastfeeding

Give your baby the healthiest start in life-Breastfeed! Learn the benefits of breastfeeding, how to build a support system, and techniques for successful breastfeeding.

Class Descriptions

FREE Car Seat Safety Inspections

4 out of 5 car seats are installed incorrectly. Make sure yours is not one of them! Schedule an appointment to have your car seat inspected for safety and individualized instruction on installing your car seat.

Infant Feeding

Get your infant off to a good start. Learn the order and techniques for the introduction of solid foods into your infant's diet.

Gym Class

Introduce fitness activities to keep you & your child healthy for a lifetime while spending quality time with your child participating in fun activities.

Mom & Me Cooking Class

Prepare and taste simple and healthy food with your preschooler (ages 3-5). Your picky eater might even try something new!

Breastfeeding Moms Group

A friendly atmosphere of breastfeeding mothers offering support to each other, making new friends, and sharing practical experience. Discuss concerns & successes, and benefits of breastfeeding. Children are welcome.

Medina County Health Department, WIC Division
4800 Ledgewood Drive
Medina, OH 44256
Phone: 330-723-9629
Toll-free: 1-888-723-9688
Fax: 330-723-9630
www.medinahhealth.org
e-mail: wicmedina@odh.ohio.gov

A FREE educational program sponsored by the Medina County Health Department and Women, Infants, and Children (WIC) Division.

Medina County Healthy Family Education Program





Classes are provided by the staff of the Medina County Health Department, WIC and Nursing Divisions and the Medina County District Library.



Medina County Healthy Family Education Program Master Schedule*

All classes are held at the Medina County Health Department, 4800 Ledgewood Drive, Medina, Ohio 44256.

For more information, to schedule a class, or to get directions to class locations, please call 330-723-9629 or toll-free at 1-888-723-9688, option 4.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  <p>4800 Ledgewood Drive, Medina OH 44256 330-723-9688 1-888-723-9688 www.medinahhealth.org</p>				
<p>2nd MONDAY Free Car Seat Safety Inspections & Installations, 2:00—6:00 p.m. By appointment only. 330-662-0467 or toll-free at 1-888-723-9688</p>		<p>2nd WEDNESDAY Infant Feeding Class (starting solids) 1:30 p.m.</p>	<p>2nd THURSDAY Story Time 10:30 a.m.</p>	<p>2nd FRIDAY Breastfeeding Moms Group 10:00 a.m.</p>
	<p>3rd TUESDAY Prenatal Breastfeeding Class 10:00 a.m. ***** Pediatric CPR 5:30 p.m.—7:00 p.m.</p>		<p>3rd THURSDAY Preparing for Labor Class 1:00 p.m.</p>	<p>3rd FRIDAY Gym Class & Activity Class for 3-5 year olds 2:30 p.m.</p>
<p>ALL CLASSES ARE FREE AND OPEN TO THE PUBLIC</p>				<p>4th FRIDAY Mom & Me Cooking Class 2:30 p.m. 3-5 year olds</p>

This institution is an equal opportunity provider.

*Dates and times may change due to holidays & special events. Visit the Medina County Health Department website, www.medinahhealth.org, for additional information about education programs and special events.

Revised 3/26/2012