



WEEKEND LAMAZE CLASSES 2025 DATES

January 11

July 12

February 8

August 9

March 15

September 13

April 12

October 11

May 10

November 8

June 14

December 6

Couples should plan on attending the class as close to their due date as possible, so that the information is not forgotten!

Class times are 8:30 a.m. to 4:30 p.m. Please pack a lunch to bring.

Cost \$ 189.00

(insurance often covers part of the cost!)
Pre-registration is required.

Please call Parenting and Childbirth Education Services at (908) 788-MOMS(6667) if you have any questions, otherwise please use the enclosed registration form to reserve your place.



Hunterdon Health