


# November 2009

October 2009							November 2009							December 2009							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
				1	2	3	1	2	3	4	5	6	7				1	2	3	4	5
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	
25	26	27	28	29	30	31	29	30						27	28	29	30	31			

 Noella Classes. Please register by calling 561-789-3747 or e-mail [classes@noellabirths.com](mailto:classes@noellabirths.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 6:30 PM NCP: Flexibility & Planning for Birth
8 7:00 PM Doulas; Not Just For Natural Births	9	10	11	12	13	14 6:30 PM NCP: Postpartum Issues
15 7:00 PM Nutrition In Pregnancy	16	17	18	19	20	21 11:00 AM NCP: 1st & 2nd Stage Review
22 7:00 PM Baby Calming	23	24	25	26	27	28 No Class
29 7:00 PM Complementary Medicine & Pregnancy	30	1	2	3	4	5 10:00 AM NCP: Labor Rehearsal/Intro to Breast Feeding