2010 Class Schedule

WOMEN’S HEALTH RESOURCE CENTER
2356 Sutter Street, 1st Floor, Suite J112, San Francisco, CA 94143-1750
(415) 353-2668 http://whrc.ucsf.edu/whrc/

UCSF NATIONAL CENTER OF EXCELLENCE IN WOMEN’S HEALTH
is the only nationally recognized Center of Excellence (CoE) in Northern California.

We are dedicated to transforming health and improving lives, and serve as a model of women’s health by providing innovative services through research, preventive and therapeutic care, and community and patient education. We engage women at every stage of life, from adolescence to menopause and beyond.

Our CoE Women’s Health Resource Center (CoE WHRC) supports women and their families in making informed decisions about their health and encourages them to become active partners in their care. Come visit our spacious center and enjoy reading, browsing or just relaxing in our comfortable environment.

- Library & mini-bookstore
- Educational materials
- Community resources
- Events, classes and conferences on women's health topics
such as menopause, incontinence and more

GREAT EXPECTATIONS PREGNANCY PROGRAM
The CoE WHRC Great Expectations Pregnancy Program is designed to provide you with a continuum of educational and support services to prepare you for pregnancy, birth and parenting.

- Classes
- Library & mini-bookstore
- Lactation supplies
- Breastpump rentals and sales
- Baby care products

For more information, to sign up for classes, or if you have questions about preparation for birth and parenting, call us at (415) 353-2667. We are always happy to talk with you.

CENTERINGPREGNANCY® PROGRAM
An exciting new way to care for women during their pregnancy. In CenteringPregnancy® prenatal groups, women:

- Spend quality time with their health provider, up to two hours!
- Never wait for appointments!
- Enjoy healthy snacks and refreshments.
- Discuss health concerns and expectations in a supportive setting.

To learn more and join a group, please call the CenteringPregnancy Coordinator at (415) 885-3658.

Register and pay for classes online at:
http://whrc.ucsf.edu/whrc/gex/classes.html

UCSF LACTATION CENTER
The Lactation Program, part of the UCSF Center for Mothers and Newborns, provides women and their families with supportive education and advice about breastfeeding. Lactation counseling and assistance are provided to women during their stay at the birth center. Once you are discharged, lactation support continues with available clinic appointments with a lactation consultant and referrals to our physicians and midwives as needed. Please call (415) 353-2566 for more information.

UCSF WOMEN’S HEALTH RESOURCE CENTER LIBRARY
Regular Membership: $35 per year; Senior Membership: $15

Our lending library includes a substantial collection of women-centered books and audiovisual materials that address women’s health issues across the lifespan. This membership also includes a 10% discount on all Women’s Health Resource Center and Great Expectations purchases (excluding classes) as well as unlimited use of our baby weight scale. Come in and browse!

UCSF EMPLOYEE DISCOUNT
All UCSF badge wearers (staff, students, faculty, etc.) will receive a special 10% discount off our products, including books, and lactation supplies. (Discount excludes classes and library memberships)

Mom Mobile
After your baby’s birth, enjoy the convenience of Great Expectations’ continuum of educational and support services right in your hospital room! The Mom Mobile cart travels throughout the birth center unit, providing patients with everything a new mother may need, including nursing bras, Lansinoh ointment, nursing pads, books, breastpump rentals/sales and patient education. If you are interested in having the Mom Mobile cart visit during your hospital stay, call Great Expectations at (415) 353-2667.

To join our mailing list, please visit http://www.coe.ucsf.edu/coe/
### Preconception Care

**PREPARING FOR PREGNANCY: WHAT TO CONSIDER BEFORE YOU BECOME PREGNANT**

Learn basic information to prepare yourself and your body for an optimum pregnancy. Preconception care topics include: diet, exercise, and other lifestyle choices to consider and avoid when trying to conceive, health-related issues that can impact pregnancy, and maintaining positive emotional and physical health during your pregnancy.

**Fee:** One session class, $25.

### Infant Nutrition

**BREASTFEEDING BASICS AND BREASTFEEDING & RETURNING TO WORK**

This class is a two-part comprehensive breastfeeding class.

**BREASTFEEDING BASICS**

Learn about breast physiology, milk production, let-down, latch-on and positioning. This class teaches participants how to overcome breastfeeding challenges, problem solve and how to establish a successful breastfeeding relationship right from the start.

**BREASTFEEDING & RETURNING TO WORK**

This class is designed to provide you with practical tips and advice on continuing to breastfeed your baby while working. Topics include preserving a breastfeeding relationship, choosing a breastpump, storing/collecting/transporting breastmilk, problem solving, exploring child care options, and how to establish a successful breastfeeding relationship right from the start.

Class participants receive a $25 discount on breastpump purchases at the UCSF Women’s Health Resource Center.

**Fee:** Two-part comprehensive class, $65.

### Baby Care/Parenting

**SURVIVING THE FIRST FEW MONTHS WITH A NEW BABY: BASIC BABY CARE**

This workshop offers basic survival techniques to care for your newborn and emphasizes postpartum care for mom. Learn about newborn characteristics, infant milestones, bathing, hygiene, diapers, diapering, crying, comforting, sleep and recognizing the signs of illness. Great for first-time parents. This class is offered in a two-part series or all day Saturday or Sunday.

**Fee:** $85 per series.

### Emotional Aspects of Pregnancy and Postpartum: What to Do If You’re Just Not GLOWING

Learn what is “normal” in terms of the emotional ups and downs of pregnancy/postpartum. This class covers who is “at risk” for pregnancy/postpartum depression and anxiety as well as how to recognize the symptoms. Participants will have the chance to ask questions and bring up concerns. This class also addresses treatment options including support groups, relaxation classes, therapy and the pros and cons of medication.

**Fee:** One session class, $25.

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### Second Trimester Classes (3-6 months of pregnancy)

**Second Trimester Classes (3-6 months of pregnancy)**

**Location:**

2356 Sutter Street, Third Floor, Suite J308, San Francisco

*Serramonte, 333 Gellert Blvd, Suite 114, Daly City

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**Great Expectations 2010 Class Schedule**
Baby Care/Parenting

INFANT/CHILD CPR
Learn vital skills to handle an emergency. This class covers recognizing an infant or child in distress, performing emergency measures to relieve airway obstruction in a choking infant or child, performing CPR on an infant or child who is not breathing or is without a heartbeat and identifying risks of preventable infant and childhood injuries. This is a great class for parents, family members and childcare providers.

Fee: One session class, $40 per person.

Note: This is not a CPR Certification course.

Infant Massage

Learn playful stretches and soothing ways to communicate with touch that will benefit the physical and emotional health of your infant. This class will cover massage techniques that can help regulate sleep for your infant and help alleviate the physical discomforts of colic, gas, and congestion. Learn how to attune to the body language cues of your baby so that you can feel more confident and self-assured in your responses as a parent.

INFANT MASSAGE – PRE-DELIVERY
Fee: One session class, $45

INFANT MASSAGE WITH NEWBORNS
Babies two weeks to pre-crawling babies (ten months) are more than welcome to attend.
Fee: One session class, $45.

Expecting Twins or More

BREASTFEEDING TWINS OR MORE
This class is designed to prepare expectant mothers on how to confidently breastfeed multiples. Learn practical tips and special considerations for nursing twins or more including latch-on, positioning, establishing a plentiful milk supply, and overcoming breastfeeding challenges.
Class participants receive a $25 discount on breastpump purchases at the UCSF Women’s Health Resource Center.
Fee: One session class, $45.

EXPECTING TWINS OR MORE
This one-day workshop is designed to give expectant parents basic information on raising twins or more including reassuring advice and practical considerations. Topics include important aspects of prenatal care, labor and delivery, feeding issues, and preparing home and family for the arrival of multiples.
Fee: One session class, $45.

Class can be taken before or after the birth of the baby

Sunday (11:00 am – 1:00 pm)
Jan 10, 24 • Feb 28 • Apr 18
May 2 • June 13 • July 11
Aug 1, 15, 29 • Sept 19
Nov 7, 21 • Dec 5

Tuesday (6:30 – 8:30 pm)*
Feb 23 • June 15
Aug 17 • Nov 9

Location: 2356 Sutter Street, First Floor, Ida’s Cafe, San Francisco

*Tuesday classes will be held at UCSF Family Medicine Center at Lakeshore, 1569 Sloat Blvd, Suite 333, San Francisco

Classes recommended after 20 weeks of pregnancy

Sunday (11:00 am – 1:00 pm)
Feb 21 • Apr 18 • June 6
July 11 • Sept 19 • Nov 21

Location: 2356 Sutter Street, Third Floor, Suite J308, San Francisco

This class can be taken after your baby is born

Sunday (11:00 am – 1:00 pm)
Mar 21 • May 16 • June 13
Aug 15 • Oct 17 • Dec 12

Location: 2356 Sutter Street, Third Floor, Suite J308, San Francisco

Classes recommended after 20 weeks of pregnancy

Wednesday (6:30 – 9:00 pm)
Jan 13 • Mar 10 • May 12
July 7 • Sept 8 • Nov 3

Location: Please call for class location.

Classes recommended after 20 weeks of pregnancy

Wednesday (6:30 – 9:00 pm)
Feb 24 • Apr 28 • June 30
Aug 25 • Oct 27 • Dec 15

Location: 2356 Sutter Street, Third Floor, Suite J308, San Francisco
Childbirth

CHILDBIRTH PREPARATION: INTEGRATED METHODS

Please bring two pillows, a blanket, and a snack to all classes.

Classes are a 4-week series. (Please note that the December series is a condensed 3-week series.) This class provides an overview of the stages and process of labor, breathing and relaxation techniques, support, medication options, variations in labor including cesarean birth, and immediate postpartum care for mother and baby.

Fee: $155 per series.

INTENSIVE CHILDBIRTH PREPARATION

Please bring two pillows, a blanket, and a snack to class.

A one-day childbirth preparation workshop designed to give participants the basic tools and information in preparing for birth. This class incorporates all information from the Childbirth Preparation: Integrated Methods class in an accelerated format. Participants are sent the class packet to review prior to the class.

Fee: One session class, $170.

CHILDBIRTH PREPARATION: BIRTH ALTERNATIVES

Please bring two pillows, a blanket, and a snack to all classes.

Classes are a 4-week series. This class addresses the needs and interests of women who wish to have an intimate, fully involved birth experience. This class covers the basic childbirth preparation content with an added emphasis on natural delivery and making choices in response to the birth process. Labor support techniques and comfort measures from home birth and other cultures are emphasized.

Fee: $155 per series.

PAIN RELIEF & LABOR

Learn about the pain medication options available to assist you during labor and childbirth. Discuss your concerns or questions with a UCSF Anesthesiologist.

Fee: One session class, $40.

BIRTH CENTER ORIENTATION

Learn about the facilities and the practical aspects of arriving at the hospital when you are in labor. Sign up well in advance, as tours fill up quickly.

Please call (415) 353-2667 to register and for class location.

Fee: One session class, no charge.

Orientation also available online: www.whrc.ucsf.edu/whrc/gextour.html

Third Trimester Classes (6-9 months of pregnancy)

Monday (6:30 – 9:00 pm)
May 3, 10, 17, 24
June 7, 14, 21, 28*

Tuesday (6:30 – 9:00 pm)
Jan 5, 12, 19, 26
Feb 2, 9, 16, 23*
Mar 2, 9, 16, 23*
Apr 6, 13, 20, 27
Aug 3, 10, 17, 24*
Sept 7, 14, 21, 28*
Oct 5, 12, 19, 26
Nov 2, 9, 16, 23
Dec 7, 14

Wednesday (6:00 – 9:00 pm)
Sept 8, 15, 22, 29

Thursday (6:30 – 9:00 pm)
Jan 7, 14, 21, 28
Feb 4, 11, 18, 25
Mar 4, 11, 18, 25
May 6, 13, 20, 27
June 3, 10, 17, 24
July 1, 8, 15, 22
Aug 5, 12, 19, 26

Thursday (6:00 – 9:00 pm)
(3-Week Series)
Dec 2, 9, 16

Locations:
2356 Sutter Street, Third Floor, Suite J308, San Francisco
*Serramonte, 333 Gellert Blvd, Suite 114, Daly City

Saturday (9:30 am – 4:30 pm)
Jan 23 • Mar 20 • Apr 10
Apr 24* • May 15 • June 12
July 10 • July 17* • Aug 7
Sept 18* • Sept 25 • Oct 16
Dec 18

Sunday (9:30 am – 4:30 pm)
Jan 10 • Aug 22 • Oct 3
Nov 14

Locations:
2356 Sutter Street, Third Floor, Suite J308, San Francisco
*Serramonte, 333 Gellert Blvd, Suite 114, Daly City

Monday (6:30 – 9:30 pm)
Mar 8, 15, 22, 29
Apr 5, 12, 19, 26*
Oct 4, 11, 18, 25*
Nov 1, 8, 15, 22*
Nov 1, 8, 15, 22

Tuesday (6:30 – 9:30 pm)
May 4, 11, 18, 25*
June 8, 15, 22, 29
July 6, 13, 20, 27*
Aug 3, 10, 17, 24*
Sept 7, 14, 21, 28*
Oct 5, 12, 19, 26
Nov 2, 9, 16, 23, 30
Dec 7, 14

Wednesday (7:00 – 8:30 pm)
Jan 27

Thursday (7:00 – 8:30 pm)
Apr 1, 29 • July 29 • Oct 28

Location:
2356 Sutter Street, Third Floor, Suite J308, San Francisco

Wednesday (7:00 – 8:30 pm)
Jan 27

Friday (5:30 – 6:15 pm)
Jan 8, 22, 29
Feb 5, 19, 26
Mar 5, 12, 19, 26
Apr 9, 16, 23, 30
May 7, 14, 21
June 4, 11, 18, 25
July 9, 16, 23, 30
Aug 6, 13, 20, 27
Sept 10, 17, 24
Oct 1, 8, 15, 22, 29
Nov 5, 12, 19
Dec 3, 10, 17

This class can be taken any time during your pregnancy.
FAQs

How early should I sign up?
Classes fill up quickly; please sign up WELL IN ADVANCE.

When do I pay for classes?
You must register for all programs in advance and payment is required at the time of registration.

What is the policy for rescheduling classes?
Classes fill up quickly. In order to accommodate all clients, including those on the waiting list, clients must reschedule no later than three full working days (72 hours) before the date of the class.

What is the policy for cancellations?
Class cancellations must be made three full working days (72 hours) before the date of the class in order to receive a full refund. Additionally, if you cancel less than three days prior to the class, a one-time $25 registration fee will be charged per class.

How do I register?
• Register and pay online at http://whrc.ucsf.edu/whrc/
• Call (415) 353-2667
• Come in person to the UCSF Women's Health Resource Center, 2356 Sutter Street, First Floor, Suite J112, San Francisco, CA 94143-1750

What forms of payment are accepted?
You may pay by credit card online, over the telephone or by check through the mail. Make checks payable to: UC Regents

Are classes reimbursed by my insurance?
Please check with your health insurance provider for reimbursement or discount information.

Can my support person also attend the class?
Yes. UCSF Great Expectations Program encourages support persons to attend classes. All class fees include two (2) people EXCEPT for Infant/Child CPR.

Are nursing (or other students) allowed to observe a childbirth class?
Yes. There is a $35 fee per class. Two students maximum are allowed to observe in any class. Please call UCSF Great Expectations at (415) 353-2667 to reserve a spot. Please have class date and registration fee ready at the time of enrollment.

Where can I get more information?
Please contact us at (415) 353-2667 for more information or visit our website at http://whrc.ucsf.edu/whrc/

Disclaimer:
Due to instructor illness or circumstances beyond our control, UCSF Great Expectations Pregnancy Program reserves the right to reschedule or cancel scheduled classes. We are committed to your health care education and will make every effort for you to make up your cancelled class. Participants will be given notice by UCSF Great Expectations Pregnancy Program within a 24-hour period regarding a makeup session.

THE MIND IN LABOR: WORKING WITH PAIN IN CHILDBIRTH: A ONE-DAY MIND/BODY SKILLS WORKSHOP
Based on the mind/body work at the pioneering Mindfulness-Based Stress Reduction Clinic at UMass Medical Center, this will be a day for looking deeply at pain and fear during childbirth and for cultivating tools to work with them in the process of giving birth. The workshop is an excellent complement to any childbirth education class, including refresher classes. It can also be helpful for those who anticipate a birth experience that needs special medical attention or who have had a difficult previous birth experience.

Location: Workshop will be held at the Osher Center for Integrative Medicine, 1701 Divisadero Street, Suite 150 (at Sutter)
Fee: $125 per couple, $65 single. Partners are encouraged to attend.
Dates: Saturday, 9:30 am – 4:30 pm: Apr 10 * July 17 * Dec 5
To register, please call (415) 353-7718 or visit www.osher.ucsf.edu.

CHILDBIRTH PREPARATION: MINDFULNESS-BASED CHILDBIRTH AND PARENTING (MBCP)
The UCSF National Center of Excellence in Women's Health in collaboration with the Osher Center for Integrative Medicine is currently offering Mindfulness-Based Childbirth and Parenting Education (MBCP). The MBCP Program is an invitation to begin or deepen the practice of mindfulness for meeting the profound changes in our bodies and minds during pregnancy, childbirth and parenting. Through mindfulness meditation, yoga, and group dialogue we will learn a way to fully live the joys and challenges of this transformative time and cultivate lifelong skills for healthy living and wise parenting. Course is a 9-week series that integrates childbirth education with mind/body skills. It includes an all-day session after the 6th week and a reunion class after the birth.

Location: Class will be held at the Osher Center for Integrative Medicine, 1701 Divisadero Street, Suite 150 (at Sutter)
Fee: $550 per couple, $300 single, plus $35 for materials

For more information or to register, please call (415) 353-7718 or visit www.osher.ucsf.edu.

Great Expectations 2010 Class Schedule

Childbirth (cont.)

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Fee: $550 per couple, $300 single, plus $35 for materials

For more information or to register, please call (415) 353-7718 or visit www.osher.ucsf.edu.
Other Programs and Groups

SAN FRANCISCO PARENTS OF MULTIPLES CLUB
Monthly Support Group
Call (415) 440-TWIN (440-8946) for more information

UCSF PROGRAM FOR FAMILIES EXPECTING TWINS, TRIPLETS, OR MORE!
The UCSF Twins and More Program specializes in providing obstetrical care and support to women with twins, triplets or more, to make their pregnancy a positive and exciting experience. This program offers a comprehensive package of perinatal and postpartum specialized services to women pregnant with twins or more including high-risk perinatology care, first trimester combined screening for chromosome abnormalities, mental health support for issues specific to women with multiples including postpartum depression, genetics and prenatal diagnosis services, delivery options, antenatal testing, and diabetes in pregnancy program.

Please call (415) 353-2566 if you would like more information.

PRENATAL PILATES
Prepare yourself for labor and beyond. Learn to engage and strengthen your core, pelvic floor, upper body, and legs in a safe yet challenging prenatal Pilates class. Discover breathing and relaxation techniques that will support your pregnancy, ease your labor and quicken your postpartum recovery.

Prenatal Pilates is offered as a group exercise class at the Bakar Fitness & Recreation Center located at the UCSF Mission Bay Campus.

To register or for more information, please contact Adrienne Chambers, Group Fitness Manager, (415) 514-4538 or email adrienne.chambers@ucsf.edu.

UCSF WOMEN’S HEALTH
We recognize that women have unique health needs that call for a different kind of care. We are pleased to offer a comprehensive array of services geared to the specific needs of women at each stage of life. We have three clinical practice sites that provide Primary Care and/or Obstetrics and Gynecology services:

• 2356 Sutter St (between Divisadero & Scott), San Francisco
• 333 Gellert Blvd, Suite 114 (one block south of Serramonte Plaza off I-280), Daly City
• 400 Parnassus Ave, Plaza level, San Francisco

For more information about UCSF Women’s Health, call (415) 353-2668 or visit our website at http://whrc.ucsf.edu/whrc/

NEW Class Packages

Try one and SAVE!

BASIC PREGNANCY PACKAGE
$290
Save $15
The Basic Pregnancy Package combines the most popular classes into a valuable package, providing savings and the essential classes every parent needs. The package includes three classes:

• Childbirth Preparation: Integrated Methods or Birth Alternatives
• Breastfeeding Basics and Breastfeeding & Returning to Work
• Surviving

DELUXE PREGNANCY PACKAGE
$325
Save $20
The Deluxe Pregnancy Package features all classes that prepare expectant parents for the birth experience, the first few weeks and beyond, including nursing. This package features:

• Childbirth Preparation: Integrated Methods or Birth Alternatives
• Breastfeeding Basics and Breastfeeding & Returning to Work
• Surviving
• Infant CPR for 1 person

TWINS OR MORE CLASS PACKAGE
$96
Save $10

• Expecting Twins or More
• Breastfeeding Twins or More

• The Art of Parenting Twins by Patricia Maxwell Malmstrom and Janet Poland
Breastpump Sales Program

For women who prefer to purchase a breastpump, the Great Expectations Pregnancy Program sells a variety of pumps to accommodate different needs and situations. Ask us about new innovations in pumping and BPA-free products that may be available. We also have a variety of replacement pieces for the Medela and Ameda Pumps. Breastpumps cannot be returned. Specific products and their rates are listed below.

All prices are subject to change and do not include sales tax.

AMEDA PURELY YOURS BREASTPUMP
This value-packed portable pump includes microprocessor technology that offers both adjustable suction and cycle speeds for “natural” and individual comfort. It only takes a turn of the dial to adjust to a setting that closely mimics your baby and helps maximize your milk production.

$199

AMEDA PURELY YOURS CARRYALL
A portable breastpump that simulates a baby’s nursing pattern, with adjustable suction and cycle settings. This lightweight and compact pump may be operated using either an AC adapter, car adapter, or AA batteries. Includes compartmentalized tote bag for the complete system.

$269

AMEDA PURELY YOURS BREASTPUMP WITH BACKPACK
A portable breastpump that offers both adjustable suction and cycle speeds to feel both natural and comfortable. This lightweight and compact pump may be operated using either an AC adapter, car adapter, or AA batteries. Includes compartmentalized backpack for the utmost flexibility and up-to-date styling.

$269

AMEDA PURELY YOURS ULTRA BREASTPUMP
CustomControl™ dual adjustability has separate suction and speed dials that let you choose from 32 different combinations to customize your pumping experience. The Purely Yours Ultra also features the CustomFit Flange System because flange fit can change with birth, breastfeeding and pumping. The three most popular flange sizes are included, ensuring a good flange fit as long as you continue to pump. All pieces included.

$299

MEDELA PUMP IN STYLE ADVANCED SHOULDER BAG
Portable breastpump with breakthrough 2-Phase Expression technology. 2-Phase Expression is an advanced pumping pattern that mimics a baby’s nursing rhythm by pumping in two distinct modes. Features a one-touch “let-down” button designed for maximum flow, customized pumping with adjustable speed and vacuum control, and a stylish shoulder bag that contains everything you need to pump.

$269

MEDELA PUMP IN STYLE ADVANCED BACKPACK
Portable breastpump with breakthrough Natural Expression pumping for maximum milk flow. Natural Expression is an advanced pumping pattern that mimics a baby’s distinct nursing modes, including a let-down and expression mode. Includes stylish backpack that contains everything you need to pump.

$269

MEDELA FREESTYLE HANDS-FREE BREASTPUMP
Freestyle is the first rechargeable, hands-free, double-electric breastpump. This breastpump is portable and weighs less than a pound, but is as efficient as the other Medela breastpumps. All pieces included.

$369

*Medela product images used with permission of Medela, Inc., McHenry, IL.

Breastfeeding class participants are eligible for a $25 discount on select breastpump purchases!