

Visit us online at dignityhealth.org/glendalememorial for a list of services, health information, classes and more!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
COSSISTANCE	1	2	3	4	5
7	8	9	10	11 Maternity Tour Recorrido de Maternidad 1:00 PM - 2:00 PM **In Person** **En Persona** Meet in the Hospital Main Lobby	Lactancia maternal para futuras madres 10:00 AM - 12:00 PM Meet in the Hospital Main Lobby Cancer Center Auditorium
14	15 Breastfeeding for Expecting Mothers 7:00 PM - 9:00 PM Meet in the Hospital Main Lobby Cancer Center Auditorium	16	Recorrido de Maternidad 1:00 PM – 2:00 PM	18	19
21	22	23	Virtual Maternity Tour English 1:00 PM – 2:00 PM	Maternity Tour Recorrido de Maternidad 1:00 PM - 2:00 PM **In Person** **En Persona** Meet in the Hospital Main Lobby	26
28	29	30			

Directions

From Downtown Los Angeles

- Take the 110 North
- Merge onto the I-5 North
- Exit Los Feliz Blvd.
- Turn right on Central Ave.
- Turn left on Laurel Street
- Turn right into the parking structure

From Pasadena:

- Take 210 West toward Glendale
- Merge onto 134 West
- Exit Brand/Central and turn left on Central Ave.
- Go south two miles to Laurel Street
- Turn left on Laurel Street
- Turn right into the parking structure

From the San Fernando Valley

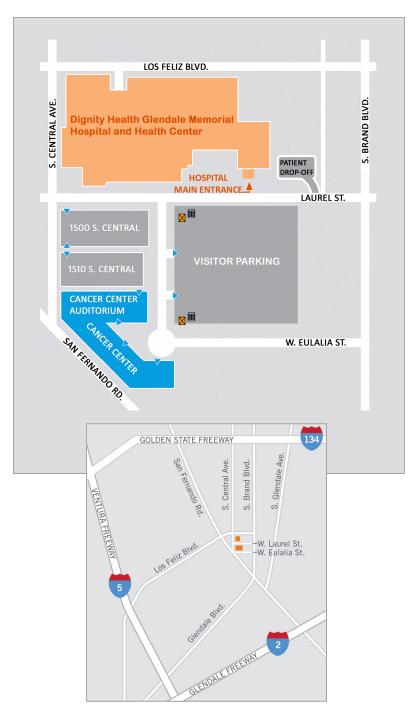
- Take the 101 East toward Glendale
- Merge onto the 134 East
- Exit Brand/Central and turn right on Central Ave.
- Go south two miles to Laurel Street
- Turn left on Laurel Street
- Turn right into the parking structure entrance

From the Santa Clarita Valley:

- Take the I-5 South toward Glendale
- Exit Los Feliz Blvd.
- Turn right on Central Ave.
- Turn left on Laurel Street
- Turn right into the parking structure entrance

Important Phone Numbers

Main Hospital 818.502.1900 Labor & Delivery 818.502.1900 ext. 2345 Admitting 818.502.2212



In person Maternity Tour: One extra person is invited to attend. NO strollers, No children are allowed.

En persona Recorrido de Maternidad:

Invitan a una persona más para atender. NO carriolas NO niños

Zoom Patient Instructions Android

Patient will need to download the Zoom Application

Before Video Visit

- 1) Go to the Google Play Store
- 2) Search **Zoom**
- 3) Select Install



IPhone:

Patient will need to download the Zoom Application

Before Video Visit:

- 1) Go to the Apple Store
- 2) Search **Zoom**
- 3) Select Install



For more information and registration, please call 855-274-4464.

All classes and parking are FREE. Todas las clases y aparcamiento son GRATIS.