



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 	2	3
5 	6	7	8	9 <b>Maternity Tour</b> <b>Recorrido de Maternidad</b> <b>1:00 PM – 2:00 PM</b> <b>**In Person**</b> <b>**En Persona**</b> Meet in the Hospital Main Lobby	10
12	13 <b>Breastfeeding for Expecting Mothers</b> <b>7:00 PM – 9:00 PM</b> Meet in the Hospital Main Lobby  Cancer Center Auditorium	14	15	16	17 <b>Lactancia maternal para futuras madres</b> <b>10:00 AM – 12:00 PM</b> Meet in the Hospital Main Lobby Cancer Center Auditorium
19  <i>I Have A Dream</i> Martin Luther King, Jr. Day	20	21	22	23 <b>Maternity Tour</b> <b>Recorrido de Maternidad</b> <b>1:00 PM – 2:00 PM</b> <b>**In Person**</b> <b>**En Persona**</b> Meet in the Hospital Main Lobby	24
26	27	28	29	30	31

*\*Please note classes and events are subject to cancel or reschedule*

## 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



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

<https://www.dignityhealth.org/socal/locations/glendalememorial/services/family-birth-center>

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

## 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



**Dignity Health™**

Glendale Memorial Hospital and Health Center

**At Central and Los Feliz**

1420 S. Central Avenue

Glendale, CA 91204

818.502.1900