



# St. Mary Maternity Tours

Dignity Health - St. Mary Medical Center invites expectant mothers and their companions to join us for a maternity tour of the hospital, including private patient rooms and labor and delivery suites. Tours meet in the main hospital lobby on the 1st and 3rd Friday of each month at 10 a.m. for English tour and the 2nd and 4th Friday of each month at 10 a.m. for Spanish (some changes may apply).

Date	Time	Language
Friday, March 6, 2020	10:00 a.m.	English
Friday, March 13, 2020	10:00 a.m.	Spanish
Friday, March 20, 2020	10:00 a.m.	English
Friday, March 27, 2020	10:00 a.m.	Spanish
Saturday, March 28, 2020	10:00 a.m.	English
Friday, April 3, 2020	10:00 a.m.	English
Friday, April 10, 2020	10:00 a.m.	Spanish
Friday, April 17, 2020	10:00 a.m.	English
Friday, April 24, 2020	10:00 a.m.	Spanish
Friday, May 1, 2020	10:00 a.m.	English

**Please call 888.478.6279 to schedule your tour today.**

**\*\*\* Labor and Delivery Rooms subject to availability.**

## St. Mary is Baby-Friendly®

St. Mary Medical Center is a designated Baby-Friendly® hospital that promotes the importance of breastfeeding and provides education for the first crucial months of a baby's life.



**Dignity Health™**  
St. Mary Medical Center

1050 Linden Ave Long Beach, CA 90813  
[dignityhealth.org/stmarymedical/baby](https://dignityhealth.org/stmarymedical/baby)



# Visitas guiadas al área de maternidad

St. Mary Medical Center visitas guiadas a nuestras habitaciones privadas para las familias que están esperando un bebé. Los recorridos al Hospital incluyen visitas a los cuartos privados y a la sala de labor y parto. Las visitas guiadas al área de maternidad comienzan en la entrada principal del hospital el primer y el tercer viernes de cada mes a las 10 a.m. en inglés y el segundo y cuarto viernes de cada mes a las 10 a.m. en español (posibilidad a cambios).

Fecha	Hora	Idioma
Viernes, Marzo 6, 2020	10:00 a.m.	Ingles
Viernes, Marzo 13, 2020	10:00 a.m.	Español
Viernes, Marzo 20, 2020	10:00 a.m.	Ingles
Viernes, Marzo 27, 2020	10:00 a.m.	Español
Sábado, Marzo 28, 2020	10:00 a.m.	Ingles
Viernes, Abril 3, 2020	10:00 a.m.	Ingles
Viernes, Abril 10, 2020	10:00 a.m.	Español
Viernes, Abril 17, 2020	10:00 a.m.	Ingles
Viernes, Abril 24, 2020	10:00 a.m.	Español
Viernes, Mayo 1, 2020	10:00 a.m.	Ingles

Favor de llamar al 888-478-6279 para matricularse.

\*\*\* La sala de parto esta sujeto a disponibilidad.

## Somos Baby-Friendly®

St. Mary Medical Center es un hospital designado como Baby-Friendly® que promueve la importancia de la lactancia materna y brinda educación durante los primeros meses cruciales de la vida de un bebé.

