

Welcome to the IBMC*

*The IBMC is located down the hall from the office, in Suite 100C. Call the office to register for classes: (847) 398-0400. Some classes have limited spots.

NOVEMBER 2014

Mother's Support Group

Wednesdays, November 5, 12, 19, 26 and Saturday, November 8
10:00-11:30 am

Open to all mothers, nursing and non-nursing to network and support one another, facilitated by our lactation consultants. Older siblings are welcome and light refreshments will be provided.
One time fee of \$25

Blueprint for Financial Success

Thursday, November 6, 6:30—8:00 pm

There are very few choices one makes as an adult that does not involve money. And when one's finances are in order, it has a multiplying effect in all the areas of a person's life. This seminar is applicable for young participants wanting to learn more about college planning and budgeting. It also provides insight to pre-retirees when it comes to maximizing retirement assets, Medicare, Medicaid and extended care strategies. Lead by Francis Mesina.
Call to register. 847-398-0400

Working Mom's Class

Wednesday, November 19, 12:30—2:00 pm

Designed for mothers preparing to return to work and who want to know the best way to transition back into the work force.
Call to register. 847-398-0434 *Fee \$35*

Prenatal Breastfeeding Class

Saturday, November 22, 9:00—11:00 am

This class is two hours in length and explores the many benefits of breastfeeding, and helps a mother understand how she can start off on the right foot with breastfeeding. Breastfeeding is both instinctive and a learned behavior. Even if you have not made up your mind about breastfeeding, this is an excellent class to find out more about it, and based on that information, make an informed decision about feeding your baby.
Call to register. 847-398-0434

DECEMBER 2014

Mother's Support Group

Wednesdays, December 3, 10, 17, 24, 31, and Saturday, December 13
10:00-11:30 am

See November for description.
One time fee of \$25

Lamaze

Tuesday, December 9, 5:00—8:00 pm

Lactation consultant Karen Dickert will lead this class. *Fee \$150*
Call to register. 847-398-0434

Prenatal Breastfeeding Class

Monday, December 15, 5:30—7:30 pm

See November for description.
Call to register. 847-398-0434

Working Mom's Class

Wednesday, December 17, 12:30—2:00 pm

Designed for mothers preparing to return to work and who want to know the best way to transition back into the work force.
Call to register. 847-398-0434 *Fee \$35*

Matt Cohen—Advocacy for Special Ed Children

Saturday, December 6, 9:30—11:00 am

Attend this workshop to learn more about how to advocate for the rights of children with AD/HD. Led by Matt Cohen, who is well known for his work in special education law and has extensive experience in health care and mental health law. He has been the principal litigator in a number of important special education cases and is the primary or collaborating author of several amendments to the mental health and special education laws of Illinois
Call to register. 847-398-0400



Arlington Pediatrics, Ltd.