Willis-Knighton's Bossier Medical Center is offering several classes for the comunity this month, as well as their Shots for Tots mobile vehicle at various locations throughout Bossier City.

Classes for Moms-to-be and Grandparents

- Feeding Your Baby – Benefits and Effects of Breastfeeding

Presented by Donna Yates, RN, CBC, ICCE, IBCLC
Prenatal Instructor
Learn about breastfeeding and how it can enhance the overall well-being of your baby.
Cost: $20, includes meal and materials. Reservations required, space limited.
Monday, Jan. 7, 6 p.m.
WK Bossier Health Center
2400 Hospital Drive, Auditorium
n Grandparents Class
Presented by Donna Yates, RN, CBC, ICCE, IBCLC
The class will provide updated information on newborn care, safety in the home and emergency procedures.
FREE, includes snack. Reservations required, space limited.
Tuesday, Jan. 29, 6 p.m.
WK Bossier Health Center
2400 Hospital Drive, Auditorium

Community Education

- Shaking the Sodium from Your Diet and Thriving with Cardiopulmonary Disease

A seminar that addresses the needs of people with heart failure, or signs and symptoms of chronic cardiopulmonary disease.
FREE. Reservations requested.
Thursday, Jan. 10, 10 a.m.
Facilitated by Anita Vondra, RN, Cardiac Rehab and Leah Walker, RD, LDN
WK Bossier Health Center
WK Bossier Wellness Center, 2450 Hospital Drive

Support Groups

- Heart to Heart – Women's Cardiac Support Group

For women with cardiovascular illness.
Guest Speaker: Merikay Ringer, PhD, or Susan Miller, spokespersons from WomenHeart, The National Coalition of Women with Heart Disease.
FREE. Reservations requested.
Thursday, Jan. 10, 11 a.m.
Facilitated by Rhonda Curtis, RNC, Cardiac Rehab
WK Bossier Health Center
WK Bossier Wellness Center, Cardiac Rehab Education Room, 2450 Hospital Drive

January 2013 Shots for Tots Schedule

- Wednesday, Jan. 9

10 a.m. – 1 p.m. at Walmart, 2536 Airline Drive, Bossier City
2:30 p.m. – 5 p.m. at Albertson's, 3121 East Texas Ave., Bossier City

- Saturday, Jan. 12

10 a.m. – 1 p.m. at Books A Million, 2001 Airline Drive, Bossier City

- Monday, Jan. 14

10 a.m. – 1 p.m. at McDonald's, 4010 Barksdale Blvd., Bossier City
2:30 p.m. – 5 p.m. at Super 1 Foods, 1870 Airline Drive, Bossier City