

# Birth Center Classes 2019

6-week classes meet in the Minckler Room  
on Thursday evenings 6-8pm



## Topics Include:



- Caring for yourself in pregnancy and postpartum
  - Preparing for birth
- Understanding the stages of labor
  - Finding baby's position
  - When to call the doctor
  - Comfort measures in labor
- What to expect in the hospital
  - Dealing with the unexpected
  - Caring for your newborn
    - Breastfeeding

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January 3—February 7

February 28—April 11 (no class March 21)

May 2—June 6

June 13—July 25 (no class July 4)

August 8—September 12

September 19—October 24

November 7—December 19

For more information call 826-8263

Schedule available on the website at  
[www.madriverhospital.com](http://www.madriverhospital.com)

