



Childbirth Preparation Classes

Childbirth preparation is a 1 or 4-session course designed to help you prepare for your new baby. Topics to be covered include nutrition, exercise, labor and delivery, newborn and postpartum care, car seat safety and feeding.

A tour of the OB department, including the new labor and delivery suites, will be provided.

The cost for Childbirth Preparation classes is \$15.00.

Childbirth Preparation Dates

Session 1: February 6, 2010 (session time: 9am-4:30pm)

Session 2: May 22, 2010 (session time: 9am-4:30pm)

Session 3: August 4, 11, 18, and 25, 2010 (session times: 6:30-8:30pm)

Session 4: November 13, 2010 (session time: 9am-4:30pm)

* Sessions will be held at the Redwood Area Hospital in Education Room #1, please use the entrance on Gould Street.

To register: call 507-637-4527 or to register on-line, visit our website at www.redwoodareahospital.org.

Parent materials available for purchase: The Gift of Motherhood, The Joy of Parenthood and the Benefits of Breastfeeding are available at a cost of \$5.00 each.

*Caring People...
Caring for People*



Redwood Area Hospital

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