

CHILDBIRTH EDUCATION

2017



WAYNE MEMORIAL HOSPITAL
NEW BEGINNINGS
and
WOMEN'S HEALTH CENTER

Instructor:

Kara Poremba, BSN, RN, IBCLC, CCE

One Day Class

Choose Only ONE Saturday

Saturdays, 9 am to 1pm

January 21

July 22

February 18

August 26

March 18

September 23

April 22

October 21

May 20

November 18

June 24

December 16

Class includes tour of New Beginnings, Wayne Memorial's maternity unit.
(Tours may be cancelled based on availability of Labor and Delivery Rooms)

**TOPICS - DISCOMFORTS OF PREGNANCY • LABOR PROCESS AND STAGES
VAGINAL VS. CAESAREAN BIRTHS • PAIN MANAGEMENT STRATEGIES AND MEDICATIONS
ROLE OF THE SUPPORT PERSON • POSTPARTUM CARE • NORMAL NEWBORN APPEARANCE**

The charge for the class is \$60.00.

If you belong to the Healthy Beginnings Plus Program, the cost of the class is covered.

To register, call Women's Health Center at 800-869-6636 or 570-253-3005.

Classes held in a second floor conference room at Wayne Memorial Hospital.