

CHILDBIRTH EDUCATION

2018



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 20

July 21

February 17

August 25

March 17

September 22

April 21

October 20

May 19

November 17

June 23

December 15

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. Call 570-253-8100 in cases of inclement weather and for parking information during our construction.