

# CHILDBIRTH EDUCATION

## 2020



WAYNE MEMORIAL HOSPITAL  
NEW BEGINNINGS  
and  
WOMEN'S HEALTH CENTER

*Classes are given by a  
Certified Childbirth Instructor*

## One Day Class

Choose Only ONE Saturday

Saturdays, 9 am to 1pm

January 11

July 11

February 8

August 8

March 14

September 12

April 18

October 17

May 16

November 14

June 13

December 12

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. 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 the David Katz Conference room at Wayne Memorial Hospital.*

*Call 570-253-8100 in case of inclement weather.*