

CHILDBIRTH EDUCATION

2020



WAYNE MEMORIAL HOSPITAL
NEW BEGINNINGS
and
WOMEN'S HEALTH CENTER

*Classes are given by a
Certified Childbirth Instructor*

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

***IN-PERSON SESSIONS ARE NOT BEING HELD
DURING THE COVID-19 PANDEMIC.***

***Expectant Moms can access a virtual class by
joining the WMCHC Birth Lounge
Facebook Group.***

For more information, call the Women's Health Center at
800-869-6636 or 570-253-3005.