

## HEALTHY BEGINNINGS PLUS

The Healthy Beginnings Plus Program covers the cost of the class. If you belong to the Healthy Beginnings Plus Program, please let us know.

### INSTRUCTOR



Kara Poremba, BSN, RN, IBCLC, CCE  
Healthy Beginnings Plus Coordinator II  
Women's Health Center

*"I looked forward to the classes, thanks for teaching the class on a level we could understand being new parents."*

Nichole Roberts



Deliver with an ob/gyn or nurse midwife at our family-centered New Beginnings Birthing Suites. Amenities include hydrotherapy, large showers and beautifully appointed birthing rooms. 570-253-8366



### WOMEN'S HEALTH CENTER

HONESDALE • 570-253-3005

HAMLIN • 570-689-9965

PIKE COUNTY • 570-775-8838

CARBONDALE • 570-280-3407

## *Having a Baby?*

*Childbirth Education Classes help prepare expectant parents for the birthing process.*



601 Park Street, Honesdale, PA 18431  
570-253-8100 • [www.wmh.org](http://www.wmh.org)



WAYNE MEMORIAL  
HOSPITAL

*An Affiliate of Wayne Memorial Health System, Inc.*

## Childbirth Education Classes 2018



## One Day Class

1-800-869-6636 • 570-253-3005

CONNECTING COMMUNITY & HEALTHCARE

## TOPICS

Welcome & Introduction  
Conditioning Exercises  
Discomforts of Pregnancy  
Causes for Concern  
Identifying labor  
Stages of Labor  
Physical and Emotional Changes  
Role of Labor Coach  
Relaxation Techniques  
Breathing Techniques  
Medications & Anesthetics  
Caesarean Birth  
Post-Partum Care  
Normal newborn appearance

For additional information, call  
570-253-3005 or 1-800-869-6636

*Classes include a tour of  
New Beginnings Maternity Unit  
at Wayne Memorial  
(Tours may be cancelled based on  
availability of Labor and Delivery Rooms)*

**Breastfeeding Classes** are also available to all expectant mothers. Classes are held at Wayne Memorial Hospital Mondays from 6 to 8pm on January 22, February 19, March 19, April 23, May 21, June 25, July 23, August 27, September 24, October 22, November 19 or December 17. Cost for this class is \$20. If you belong to the Healthy Beginnings Plus Program, the cost is covered. Call 570-253-3005 to register.

## CHILDBIRTH EDUCATION CLASS SCHEDULE

Wayne Memorial Hospital  
2nd floor conference room  
(Call 570-253-8100 in cases of inclement  
weather and for parking  
information during our construction)

**One Day Class**  
Choose only ONE Saturday  
**Saturday, 9am to 1pm**

April 21  
May 19  
June 23  
July 21  
August 25  
September 22  
October 20  
November 17  
December 15

Snacks will be provided.

## WAYNE MEMORIAL HOSPITAL Childbirth Education Registration Form

Class Date \_\_\_\_\_

Name \_\_\_\_\_

Telephone \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Due Date \_\_\_\_\_

Physician \_\_\_\_\_

Amount Enclosed \_\_\_\_\_

The class is \$60.00. The Healthy Beginnings Plus Program covers the cost of the class. Please submit payment with this registration form in order to reserve your place in the class.

Make checks payable to  
**Wayne Memorial Community Health Centers**  
and mail to:  
Women's Health Center  
110 Park Street,  
Honesdale, PA 18431

Call 800-869-6636 or 570-253-3005  
if you have questions.

