

CHILDBIRTH EDUCATION

2019



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 19

July 20

February 16

August 24

March 16

September 21

April 20

October 19

May 18

November 23

June 22

December 14

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.