

# CHILDBIRTH EDUCATION

## 2021



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.**