

Family-Centered Prenatal Education Series



FREE!

ALL-INCLUSIVE ONE-DAY CLASS:

This condensed, 1-day class is designed for those who cannot attend all of the Prenatal Education Series classes, or for those who want a quick refresher class. Covers labor to the first 6 weeks. *For expectant moms, partners and labor coaches.*

FALL CLASS: SATURDAY, NOVEMBER 16, 2019 | 9 AM - 3 PM

SPRING CLASS: SATURDAY, MARCH 21, 2020 | 9 AM - 3 PM

FOUR-CLASS SERIES:

Class One: Learning About Labor and Birth

Learn what to expect during the labor experience. *For expectant moms and partners.*

Class Two: Preparing for Family-Centered Childbirth

An introduction to coping strategies, relaxation techniques and medical options. *For expectant moms, partners and labor "coaches" (family and friends).*

Class Three: Breastfeeding Basics

Learn what to expect in the first days and weeks with your nursing newborn, as well as planning for pumping and milk storage. *For expectant moms and partners.*

Class Four: Taking Care of Mom & Baby: The First 6 Weeks

Learn how to care for your newborn and yourself during the "nesting in" time. *For expectant moms and partners.*

FALL FOUR-CLASS SERIES:

Tuesday, January 7, 2020 | 6 - 8 PM

Tuesday, January 14, 2020 | 6 - 8 PM

Tuesday, January 21, 2020 | 6 - 8 PM

Tuesday, January 28, 2020 | 6 - 8 PM

To register, please call 823-6660 or email Ruthann.Weamer@LivHC.org. **Classes are FREE, but registration is required.** Classes will be held at the Livingston HealthCare medical center: 320 Alpenglow Lane, Livingston, MT 59047. Attend a few or all of the classes. Instructors include nursing staff and OB providers from Livingston HealthCare and Community Health Partners.



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