



# Childbirth Preparation 2017

Classes Designed for 7th, 8th and 9th Month of Pregnancy  
Wednesdays 6:00-9:00 pm

<b>Session 1</b>	<b>January 4, 11, 18</b>
<b>Session 2</b>	<b>March 1, 8, 15</b>
<b>Session 3</b>	<b>May 3, 10, 17</b>
<b>Session 4</b>	<b>September 6, 13, 20</b>
<b>Session 5</b>	<b>November 1, 8, 15</b>

- ◆ Breathing
- ◆ Relaxation
- ◆ Exercise
- ◆ Physical Changes
- ◆ Stages of Labor
- ◆ Role of Labor Partner

- ◆ Unexpected Outcomes
- ◆ Admission to Nursery
- ◆ After Care for Mom and Baby
- ◆ Infant Feeding Options
- ◆ Car Seat Safety
- ◆ OB Room Tours



Classes held at CHI St. Joseph's Health  
600 Pleasant Avenue, Park Rapids, MN  
Lower Level Conference Room A  
Registration Required ~ Contact Lisa 218.616.3345  
Registration Fee: \$45.00 ~ Insurance Billing Available  
No one will be turned away for the inability to pay