



Childbirth Preparation

Classes Designed for 3rd Trimester of Pregnancy



Online Course With One In-Person Session.

Saturdays — 8:00am-1:30 pm

Session 1: February 8, 2020

Session 2: May 23, 2020

Session 3: August 15, 2020

Session 4: November 7, 2020

In-Person Session Includes:

OB Room Tours, Breathing, Relaxation, Stages of Labor, Delivery Options, Role of Labor Partner, Unexpected Outcomes, After Care for Mom and Baby and Infant Feeding Options

Registration Required

Please call 218.616.3385, email

JanineBrostrom@CatholicHealth.net

or register online at :

<https://CHISJH.org/Childbirth-Registration/>

Classes held at CHI St. Joseph's Health

600 Pleasant Avenue, Park Rapids

Lower Level Conference Room A

