



# Childbirth Preparation 2021

Classes Designed for 3rd Trimester of Pregnancy



## Online Course With One In-Person Session.

**Saturdays — 8:00am-1:30 pm**

Session 1: February 20, 2021

Session 2: May 15, 2021

Session 3: August 7, 2021

Session 4: November 20, 2021

### 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](mailto: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

**Unable to attend the in-person session?**

**Inquire about options.**

