

Childbirth & Newborn Preparation Class



This 3-week course helps expectant parents prepare for birth and early parenting.

Using the Injoy program, topics include:

- What to expect during pregnancy, labor and childbirth
- Medicated and non-medicated comfort measures
- Medical interventions associated with complications
- Cesarean birth
- Birth stories
- Care of the birthing parent and infant during the first hours, days, and weeks postpartum
- Breastfeeding

When: 6:00-8:00 pm

Wednesdays April 3, 17, 24

Wednesdays July 3, 10, 17

Wednesdays August 14, 21, 28

Wednesdays October 16, 23, 30

Tuesdays December 3, 10, 17

Where: Good Samaritan Regional Medical Center, 3600 NW Samaritan Drive, Corvallis. Conference Room A/B

Who: This class is for expectant parents in the third trimester.

Cost: Free

To register or for more information contact Maternity Care Coordinator:

Mandy Clark at 541-768-6908

manclark@samhealth.org

