

Childbirth & Newborn Preparation Class



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

Topics include:

- What to expect during labor and childbirth
- Medicated and non-medicated comfort measures
- Medical interventions associated with complications
- Cesarean birth
- Care of the birthing parent and infant during the first hours, days, and weeks postpartum
- Breastfeeding
- A tour of the birthing center will be offered after the final class!

When: 6:00-8:00 pm

- January 8, 15, 22
- March 4, 10, 19
- May 9, 22, 27
- July 3, 8, 14
- September 3, 12*, 17
- November 6, 11, 17

Where: Good Samaritan Regional Medical Center, 3600 NW Samaritan Drive, Corvallis. Conference Room A/B
**9/12 class held in HP/Starker Conf Rm.*

Who: This class is for expectant parents in the third trimester. ***Class sizes are limited and fill quickly so register early!***

Cost: Free



To register or for more information

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