



The MamaCoach
Est. 2015
Katie Wade

PREGNANCY TO BABY: RN-LED PRENATAL, LABOR & NEWBORN CARE – ALBANY, OR

2026 Class Dates:

Feb 7 • Apr 4 • Jun 6 • Aug 1 • Oct 3 • Dec 5



📷 @katiewade.themamacoach
📱 The Mama Coach - Katie Wade RN, MSN
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HSA / FSA funds eligible*



Join me for a gentle, supportive class designed to help you and your support person feel confident and prepared for pregnancy, birth, and life with your newborn.

What You'll Learn:

- Mid-Pregnancy Changes: Understand your body and feel supported
- Labor & Birth: Comfort strategies, birth planning, and what to expect for all types of birth – unmedicated, epidural, and C-section
- Bringing Baby Home: Soothing, diapering, bathing, and safe sleep
- Caring for New Parents: Recovery, rest, mental health, and postpartum planning
- Bonus: eBook included for easy reference anytime

Designed for: Expectant parents and their chosen support person

Location: Reimer Room, Samaritan Albany General Hospital

1046 6th Ave SW, Albany, OR 97321