

# Childbirth Class Series



**Learn from experienced Labor & Delivery and Postpartum Registered Nurses the essential information you need to know!**

Classes include pregnancy topics, pain theories, pre-labor signs, labor signs, comfort measures, labor positions, interventions, pain medications, post partum and newborn procedures, and breastfeeding.

Your \$25 fee covers registration, materials and refreshments for you and a partner.

Weekday childbirth classes are a three part series. The first class will be from 6:00 pm to 8:30 pm. The second and third classes will be from 6:00 pm to 8:00 pm. All classes will be held in the 1st floor classroom of Ochsner Medical Center – Baton Rouge.

Saturday sessions will cover all three classes in one day and will be from 8:00 am to 3:30 pm..

January 10, 17, 24	April 3, 10, 17	July 3, 10, 17	October 2, 9, 16
Saturday, January 21	Saturday, April 14	Saturday, July 14	Saturday, October 13
February 7, 14, 21	May 1, 8, 15	August 7, 14, 21	November 6, 13, 27
Saturday, February 18	Saturday, May 19	Saturday, August 18	Saturday, November 17
March 6, 13, 20	June 5, 12, 19	September 4, 11, 18	December 4, 11, 18
Saturday, March 17	Saturday, June 16	Saturday, September 15	Saturday, December 8

**Call 755-4854 to register.**

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