

# PRENATAL EDUCATION CLASSES FOR 2019

*(Recommended as early as 24 weeks gestation)*

## Educational Tips on:

- Daily stretches
- What to expect when arriving to the hospital
- Contractions
- Inductions
- Stages of labor
- Epidural vs. natural labor
- C-sections
- Cord blood banking
- Breastfeeding
- Postpartum
- Preparing to bring baby home



**Time:** All classes are from 7—9 PM

**Where:** Mary Lanning Healthcare, Conference Room #1 (in the basement)

**More Information:** Contact Casey @ 402 ~463~2423 or e-mail: [chubl@fmchastings.com](mailto:chubl@fmchastings.com)

**To Register:** Speak with your nurse at your next visit

## 2019 Class Schedule (Attend one 2 day session)



- |                 |                   |                    |
|-----------------|-------------------|--------------------|
| - January 1 & 8 | - February 5 & 12 | - March 5 & 12     |
| - April 2 & 9   | - May 7 & 14      | - June 4 & 11      |
| - July 2 & 9    | - August 6 & 13   | - September 3 & 10 |
| - October 1 & 8 | - November 5 & 12 | - December 2 & 9   |