

PRENATAL EDUCATION CLASSES FOR 2020

(Recommended as early as 24 weeks gestation)



2020 Class Schedule (Attend one 2 day session)

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

Time: All classes are from 7—9 PM

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

More Information: Contact your provider's
nurse @ 402 ~463~2423

or e-mail: ntheisen@fmchastings.com

To Register: Speak with your nurse at
your next visit

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 |
| - Postpartum | - Preparing to bring baby home | - Breastfeeding | |