



# 2019 Prenatal Classes

CRMC Conference Room

## **This convenient, three-night class will cover:**

- The process of labor, birth and post-partum
- Breathing and relaxation techniques
- Pain management
- Your hospital stay
- Special situations such as labor interventions, assisted deliveries and C-sections
- Tour of the OB Department
- Newborn care including breast/bottle feeding basics
- Infant CPR/Car Seat Safety

Classes are from 6:00-8:00pm and are free to CRMC patients.

Pre-register at your doctor's visit or by calling CRMC Obstetrics at 712.225.5101.

January 8, 15 & 22, 2019  
May 7, 14 & 21, 2019  
October 8, 15 & 22, 2019

March 12, 19 & 26, 2019  
August 13, 20 & 27, 2019  
December 3, 10 & 17, 2019



CHEROKEE REGIONAL  
MEDICAL CENTER