

Self Regional Healthcare Childbirth Classes 2018

Childbirth 101: What to Expect during Labor

Occurs on the third Tuesday evening of
each month from 6pm - 8pm

January	16	July	17
February	20	August	21
March	20	September	18
April	17	October	16
May	15	November	20
June	19	December	18

This short 2 hour class will provide expectant mothers with information related to the birthing process. Topics included are the signs of labor, normal progress of labor and birth, and techniques for coping with pain during labor. We will also discuss how your partner can help you during labor and when to call your doctor or midwife. In addition, this class will cover some of the more common childbirth complications and how they might be handled. A tour of our Labor and Delivery unit will conclude the class.

This is free service but class space is limited so register early!

All Classes are held in the Women's Center Library on 2nd floor in the patient Tower. You can now register online @

www.selfregional.org/services/womens_center.asp

For information please call: Elizabeth Gary, RN, BSN, CLC @
864-725-5748 or Toll Free 1-877-892-0024