

Self Regional Healthcare Childbirth Classes 2019

Childbirth 101: What to Expect during Labor

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

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

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!
Classes are held in the Women's Center Library on 2nd floor
in the patient Tower.

You can now register online @ <https://www.eventbrite.com/e/preparing-for-childbirth-class-for-expectant-mothers-tickets-41211015256?aff=ehomecard>

When registering online, please only register for ONE ticket per couple.

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