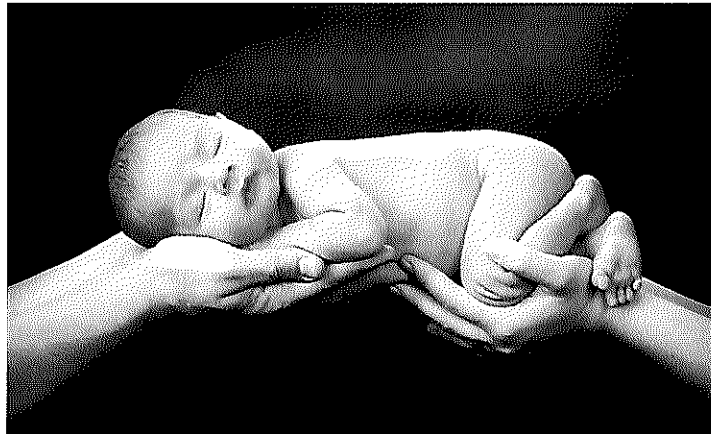


CHILDBIRTH EDUCATION CLASSES



Bradford Regional Medical Center's Childbirth Education Classes consist of two three hour sessions. Classes are held on Monday and Wednesday evening from 6-9 pm within the same week. By enrolling in these classes you will gain valuable information and skills to help you prepare for childbirth. The two night program prepares the expectant mother and father or support person for the last trimester of pregnancy, labor and the birth of your baby. You will also learn possible complications of pregnancy, pain management, postpartum care and the basics of your newborn. Participants will learn breathing, relaxation and other ways to cope with labor. Medications Anesthesia and cesarean birth are also discussed. A tour of the maternity unit is also included. It is recommended that classes be taken in the last trimester of your pregnancy. There is a \$25.00 fee for the class. Check with your insurance company to see if childbirth classes are covered. Exact cash or check payable to Bradford Regional Medical Center is accepted.

2019 SCHEDULE

January 14th and 16th

July 15th and 17th

March 11th and 13th

September 16th and 18th

May 13th and 15th

November 11th and 13th

Classes are located in the Education Center.

Classes are held in Room B, which is located on the 3rd floor East wing of hospital

CALL THE OB DEPARTMENT TODAY TO SIGN UP! 814-362-8240