



# CHILDBIRTH EDUCATION

FREE CLASSES OFFERED AT BRYAN HOSPITAL

To enhance your childbirth experience, we offer the following classes.

Choose the topics that are important to you:

## **PAIN MANAGEMENT AND COMFORT MEASURES**

First Tuesday of the month- class at 6:30 p.m., tour at 7:30 p.m.

## **BABY CARE**

Second Tuesday of the month- class begins at 6:30 p.m.

## **C-SECTIONS**

Third Tuesday of the month- class begins at 6:30 p.m.

## **BREASTFEEDING**

Fourth Tuesday of the month- class begins at 10 a.m.

## **SIBLING CLASS AND BRIEF TOUR**

Second Monday of the month- class and tour at 6:30 p.m.

For more information,  
call 419-630-2175

All classes are free of charge. Advance registration is required; please call 419-630-2175. If no one answers, you may leave a message with your name, phone number and the classes you plan to attend. It is important that you register, as classes will be cancelled if no one is signed up.

Classes are held in room 4161, behind the play wall in the main waiting area on the 4th floor.

Classes will not be held on holidays. In case of inclement weather, we will call all registrants at the phone number provided.

## **BRYAN HOSPITAL'S NEW BEGINNINGS BIRTHING CENTER OFFERS EVERYTHING YOU WANT:**

- ✓ SAFE DELIVERY
- ✓ PAMPERED CARE

New Beginnings Birthing Center at Bryan Hospital offers state-of-the-art technology for the safest delivery possible. For ultimate comfort, our large rooms easily accommodate you, your baby and your family throughout your stay.



COMMUNITY HOSPITALS AND WELLNESS CENTERS

Bryan Hospital  
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www.chwchospital.org  
419-636-1131