

Expectant Parents Class Schedule

2012

*Weekly Evening Classes
Starting*

January 5, 12, 19 and 26

March 1, 15, 22 and 29

May 3, 10, 17 and 24

*Please check our events listing at www.scrmc.org
for other 2012 class dates*

Classes are held in the Riverbend Conference Center

6:00 pm – 8:30 pm

*Ideal for parents during the 7th or 8th month of pregnancy.
Learn about labor, delivery, breathing and relaxation techniques, postpartum care,
infant feeding and tour the Birthing Center. Instructor is a Health Educator,
Certified Lactation Counselor, and mother.*

*Please contact education department to register
715-483-0431 or sarah.shaw@scrmc.org*

Class size is limited please register early

Fee \$40

