

WE'RE EXPECTING!

(That you'll want to join us)



Childbirth Education Classes

Register now for one of our upcoming sessions

Community Memorial Hospital
Lower level classroom
\$30 per couple

TAUGHT BY STEF GUNELSON, RN

Comprehensive and convenient...friendly and fun... this is a course that you and your spouse or birth partner won't want to miss. Ask your questions. Meet our experienced Obstetric nursing staff. Tour the CMH Birthing Suites. Meet other expectant parents. You'll gain the information you will need to help you prepare for a safe, healthy and joyous childbirth experience at Community Memorial Hospital.

Your session will include important information on:

- When to come to the hospital
- The labor and birth processes
- Natural childbirth
- Labor complications
- C-sections
- Medication options during labor
- Epidurals
- Breast feeding (CMH has a lactation counselor on staff)
- Post-partum and newborn care

The \$30 fee includes:

- An indispensable handbook that includes much of the information covered in the seminar.
- A folder with additional resources for new parents.
- A tour of the CMH Birthing Suites.
- Meal/snacks for both you and your partner.

Please bring two pillows, dress comfortably, and bring your partner/labor coach if possible. \$30 session fee is payable at course time.



**2017
SESSIONS**

SAT APRIL 29
9am-5pm

MON JULY 10 & 17
5pm-9pm

SAT OCTOBER 14
9am-5pm

CMH The Birthing Suites
Community Memorial Hospital

www.cloquethospital.com

Call 879-4641 to register
Call Stef at 343-6077 for more information