



Understanding BIRTH

Understanding Birth is a streamlined, fast paced introduction to childbirth preparation, including introduction to community resources, Onslow Memorial Hospital's physical layout and routines. This class will provide expectant families with tools for planning their childbirth experience. Information on Labor, Delivery, Breastfeeding and "After Baby" care will be provided in this FREE 1 day session. Participants should be in their **7th month** of pregnancy.

Class size is limited to ten (10) couples (or 20 total attendees). Class will run Saturday 9:00 am to 3:00 pm in the Onslow Memorial Hospital Education Department.

To sign up, please contact the Education Department at 577-2581

2019 CLASS DATES

January 19

February 16

March 16

April 20

May 18

June 15

July 20

August 17

September 21

October 19

November 16

December 21