



## Women's Health Classes

Please refer to the education calendars posted in the OB clinic waiting room or call 798-8750 for more information. Most classes include a tour. If only a tour is desired, call 798-8750.

### Pregnancy

1. Second and Third Trimester Information – Attend at about weeks 14-40 of pregnancy.
2. Gestational Diabetes – Offered weekly for those referred by their providers.
3. Sibling Class – For kids of expecting parents to learn about becoming a big brother or big sister.
4. Postpartum Education for *Pregnant Gals* - Learn what to expect after delivery.

### Childbirth

1. Preparation for Childbirth - This is a four hour class about includes information on birth options, relaxation, tools for birth such as breathing techniques. Tour is included in class. Registration is needed to attend. Partners are encouraged to attend if possible. Please call 798-8750 to register.

*Please plan to attend during the last 6-8 wks of your pregnancy.  
Register between 25 and 32 weeks of pregnancy as classes fill fast.*

2. Refresher Childbirth – for couples (moms) not having their first child. Tour included. No registration.

### Infant Care / Parenting

1<sup>st</sup> Time Parent Class - Offered on a walk-in basis through the New Parent Support Program. Class is monthly from 8:45 am – 11:45 am the 3<sup>rd</sup> Wed of each month.

**WALK-IN ONLY** NO Registration. This class IS NOT TAUGHT AT BACH. Please call 798-5875 for location.

### Contraception Options

Usually offered weekly, on Wednesday 11 AM – 12 PM. The Class is held in Room 2AC77 on the second floor by the Mother Baby Unit. All methods of contraception are discussed. This class is for anyone interested in contraception options. This class is suggested for those desiring female sterilization. No registration is needed. Call 270-798-8750 for information.

### Breastfeeding

Breastfeeding Information – This class is recommended for the last few months of pregnancy. You may attend any time during pregnancy. Please call 956-0210 to register for this class.

#### PLEASE NOTE:

1. Due to content and subject matter, the above classes are for adults/parents. Please respect the needs of other participants in this matter.
2. During the SIBLING CLASS, the whole family, parents and children are welcome. Children attending the sibling class need an adult with them. Thank you.