

Pathways To Parenthood

Pre-registration must be completed one week prior to the class.

There is no charge to participate in this educational opportunity.

2017 Childbirth Preparation Courses

Lake Region Healthcare offers six 6-hour Saturday or Sunday classes throughout the year designed for expectant mothers and their partner or coach to learn about pregnancy, labor, delivery, care of newborns, and care of self after delivery. The course covers signs of labor, symptoms of pre-term labor, cesarean birth, hospital policies and routines, relaxation, breathing and coping strategies, pain control and anesthesia options, and more. The class meets from 9am to 4pm with a one hour lunch break (on your own).

Pre-registration required one week prior to class.

There is no charge to participate in this educational opportunity. No registration required upon arrival.

January 14 • March 4 • May 13

August 5 • October 28 • December 9

**All classes are held in Lower Level
Hospital Conference Rooms A&B.**

9:00am - 4:00pm

2017 Childbirth Refresher Courses

A single 3-hour class designed for the expectant mother and her partner or coach who has experienced childbirth or has attended a childbirth class with a previous pregnancy. This class is ideal for parents new to the area who have experienced childbirth and would like information on our facility. The class meets from **7 pm to 10 pm in LLCR - A&B.**

**Pre-registration required
one week prior to class.**

January 17 • April 18

August 8 • November 14

There is no charge to participate in this educational opportunity.

No registration required upon arrival.

2017 Breast Feeding Courses

A single 2-hour breastfeeding class designed to teach the benefits, basics and troubleshooting of breastfeeding. The class will be taught by a certified Lactation Educator.

This class meets from **7 pm to 9 pm in LLCR- A&B.**

Pre-registration required one week prior to class.

There is no charge to participate in this educational opportunity. No registration required upon arrival.

January 10 • March 14 • May 9 • June 20 • August 1 • October 17 • December 5

For more information & registrations, call Lake Region Hospital at 736-8283, toll free at 800 439-6424 or sign up online at www.lrhc.org.



**Lake Region
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www.lrhc.org

Women's & Children's Health Center

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