

Childbirth education



Why take a childbirth class?

- Prepare to meet the challenges of labor and delivery
- Learn things you never knew about breastfeeding, relaxation techniques, what to expect when you arrive at the hospital, postpartum care, and more
- Address your fears by connecting with your partner or labor coach
- Discuss options for handling pain
- Get the basics on medical interventions and possible complications
- Learn newborn care
- Tour the Family Birthing Center at Samaritan North Lincoln Hospital

ONE-DAY INTENSIVE CHILDBIRTH CLASS

Saturday, Dec. 8 – Noon to 6 p.m.

Education Conference Room

Refreshments and snacks provided

FREE for those who plan to deliver at the Family Birthing Center at Samaritan North Lincoln Hospital in Lincoln City

Instructors: Stephanie Marshall, RN
Trista Selfridge, RN

Register by calling: 541-996-7179



**Samaritan
North Lincoln
Hospital**