

Expecting a baby? Start preparing now!

Childbirth education classes help you prepare for the arrival of your little one, making your experience more pleasant and memorable!

You learn about:

- Changes during pregnancy
- Relaxation techniques
- Stages of labor
- Comfort measures
- Birth options
- Parenting concerns
- Infant care
- Postpartum overview
- Hospital tour for those delivering at Oconee Medical Center

Class schedule:

- 9 a.m. – 12 p.m. – class content
- 12 – 1 p.m. – lunch on your own
- 1 – 4 p.m. – class content
- 4 – 4:30 p.m. – optional tour of the hospital

Qualified Instructor: Registered Nurse (RN) Childbirth Educator

Cost: \$100.00* for single full-day class. A spouse/partner may attend with you. Scholarships available for those who qualify (based on Federal financial sliding scale).

**Get the Breastfeeding class free (held on a separate day)*

Registration is required: Date of class is based upon your due date. Call the Wellness Center at 885-7654 early in your pregnancy to register.