



**CHI St. Joseph's
Health**

Childbirth Preparation

2019

**Classes Designed for
7th, 8th and 9th
Month of Pregnancy**

Wednesdays
6:00-9:00 pm



Session 1: January 2, 9, 16
Session 2: March 6, 13, 20
Session 3: May 1, 8, 15
Session 4: September 4, 11, 18
Session 5: November 6, 13, 20

Classes held at CHI St. Joseph's Health

600 Pleasant Avenue, Park Rapids ~ Lower Level Conference Room A

**Registration Required ~ Please call 218.616.3385 or
email JanineBrostrom@CatholicHealth.net or
register online at www.Registration.CHISJH.org**

Registration Fee: \$45.00 ~ Insurance Billing Available

No one will be turned away for the inability to pay

OB Room
Tours

Breathing

Relaxation

Exercise

Physical
Changes

Stages of
Labor

Role of
Labor Partner

Unexpected
Outcomes

Admission
to Nursery

After Care for
Mom and Baby

Infant Feeding
Options

Car Seat
Safety