

# 2019

## Welcome

All classes will be held in the comfort and privacy of the Family BirthPlace Education Room, adjacent to the OB Department, 2nd floor of the main hospital. For more information or to register for a class, please contact our birth planner at 260.920.2780.

## Healthy Expectations

Come to DeKalb Health's Family BirthPlace to pick up your FREE prenatal vitamins. Free vitamins available to all women of childbearing age.

## Breastfeeding Support

Call and speak with a lactation consultant at 260.920.2780.

## Childbirth and Breastfeeding Classes

Epidural? Medications? Hydrotherapy? Circumcision? Bottle feed? Breast feed? Let us help answer some of your questions about labor, birth, and being new parents. Call for more information or to register.

We will also offer two class options; a series of week night classes or all in one day, Saturday from 9 am-4 pm (with a 1 hour lunch, on your own).

### CHILDBIRTH CLASSES (FREE)

Feb. 5, 12, 19	6 pm - 8:30 pm
Mar. 5, 12, 19	6 pm - 8:30 pm
Apr. 30, May 7, 14	6 pm - 8:30 pm
Jul. 9, 16, 23	6 pm - 8:30 pm
Sep. 10, 17, 24	6 pm - 8:30 pm
Nov. 5, 12, 19	6 pm - 8:30 pm

### BREASTFEEDING CLASS (FREE)

Jan. 7	4 pm - 6 pm
Mar. 11	4 pm - 6 pm
May 13	4 pm - 6 pm
Jul. 8	4 pm - 6 pm
Sep. 9	4 pm - 6 pm
Nov. 11	4 pm - 6 pm

### CHILDBIRTH CLASS - SATURDAY (FREE)

Jan. 5	9 am - 4 pm
Apr. 13	9 am - 4 pm
Jun. 8	9 am - 4 pm
Aug. 17	9 am - 4 pm
Oct. 12	9 am - 4 pm
Dec 21	9 am - 4 pm

## Car Seat Safety Inspection

Call 260.920.2510 for information about scheduling your FREE car seat fitting and inspection.

## Call 260.920.2510 for more information.

Stop in anytime for a tour, just call in advance!

