



PREPARED CHILDBIRTH CLASS (\$40 / couple)

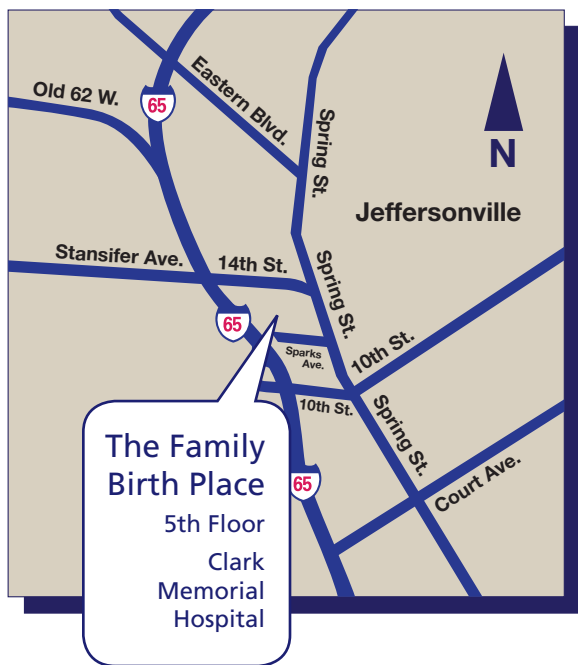
A six-week course to prepare for the birth of a new baby, including signs of labor, pain management and C-section information, preparing for your newborn, what to expect in labor and delivery and important safety information. All classes are held from 7 to 9 PM on the dates shown.

- Mondays, Jan. 2 - Feb. 6
- Thursdays, Jan. 12 - Feb. 16
- Tuesdays, Feb. 7 - Mar. 13
- Mondays, Mar. 26 - April 30
- Thursdays, April 5 - May 10
- Tuesdays, April 17 - May 22
- Tuesdays, June 5 - July 10
- Tuesdays, Sept. 18 - Oct. 23
- Thursdays, Nov. 1 - Dec. 20
- Mondays, Nov. 5 - Dec. 10

PREPARED CHILDBIRTH BLITZ (\$40 / couple)

Two-week fast track Prepared Childbirth Blitz courses are available on Saturdays. All classes are held from 10 AM to 3 PM on the dates shown.

- Saturday, Jan. 14 and 21
- Saturday, July 14 and 21
- Saturday, Oct. 6 and 13



 Clark Memorial Hospital
Family Birth Place

No One Delivers Like Clark.

1220 Missouri Avenue
Jeffersonville, IN
(812) 282-6631
www.clarkmemorial.org



REGISTRATION

To register for any class, call
(812) 283-2405.



PREPARED CHILDBIRTH CLASSES 2012

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BREASTFEEDING CLASS (\$20 / couple)

Clark Memorial Hospital's full-time lactation consultant educates both mother and father on the benefits of breastfeeding and techniques and supplies that can make breastfeeding a pleasant experience. All classes are held from 5 to 7 PM on the dates shown.

- Thursday, Jan. 12
- Thursday, Feb. 9
- Thursday, Mar. 22
- Thursday, April 12
- Thursday, May 10
- Thursday, June 14
- Thursday, July 12
- Thursday, Aug. 9
- Thursday, Sept. 13
- Thursday, Oct. 18
- Thursday, Nov. 15
- Thursday, Dec. 13

Note: Classes are open to the community, however, enrollment preferences will be given to families delivering at Clark Memorial Hospital's Family Birth Place. Classes are subject to cancellation due to low enrollment / registration. In case of inclement weather, please call (812) 283-2516 for specific cancellation information.

BROTHERS AND SISTERS TO BE (FREE)

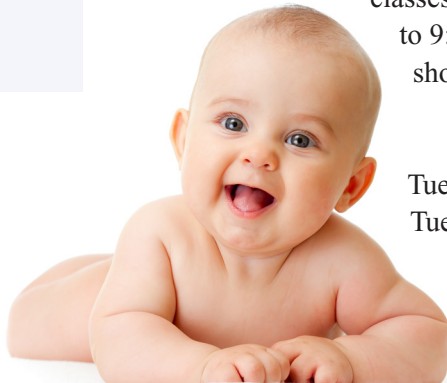
Provides children three and older with the information they need to help with the new baby and handle the transition of having a new sibling. Classes are held from 9:30 to 11:30 AM on the Saturdays shown.

- Saturday, Jan. 28
- Saturday, Mar. 10
- Saturday, May 19
- Saturday, Aug. 4
- Saturday, Sept. 22
- Saturday, Nov. 3



DOULA NIGHT (FREE)

Doulas offer moms and dads a unique birthing experience through physical, emotional, and informational support during pregnancy, labor, and delivery. A certified Doula will discuss this alternative birthing option and answer any questions you may have about the process. All classes are held from 7:00 to 9:00 PM on the dates shown.



- Tuesday, Jan. 10
- Tuesday, Mar. 13
- Tuesday, May 8
- Tuesday, July 10
- Tuesday, Sept. 11
- Tuesdays, Nov. 13



LAMAZE CLASS (\$75 / couple)

According to Lamaze International, the goal of Lamaze classes is to increase women's confidence in their ability to give birth. In classes, women learn various coping strategies that teach them how to respond to pain in ways that both facilitate labor and increase comfort. Clark Memorial Hospital offers several classes with a certified Lamaze instructor that provide a variety of labor support techniques. All classes are held from 6:30 to 9:30 PM on the dates shown.

- Thursdays, Jan. 5 - Feb. 2
- Thursdays, Mar. 8 - April 5
- Thursdays, May 3 - May 31
- Thursdays, June 21 - July 19
- Mondays, Aug. 16 - Sept. 13
- Thursdays, Oct. 18 - Nov. 8
- Mondays, Nov. 12 - Dec. 10



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