

**Saturday, April 10**

- Prepared Childbirth Blitz 4-10-2021 - 10:00am

**Saturday, April 17**

- Breastfeeding Basics 4-17-2021 - 9:00am
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**Prepared Childbirth Blitz 4-10-2021**

**Time:** 10:00am

Learn how to prepare for the birth of a new baby, including the last eight weeks of pregnancy, signs of labor, pain management, understanding medical procedures and Cesarean birth.

The Prepared Childbirth Blitz online class will be held via Zoom. Prior to the class, be sure to download the app or set up your web browser so you are prepared for class well in advance. You can also [join a test meeting](#) to familiarize yourself with Zoom. If you need assistance getting started, please visit [Support.Zoom.us](https://support.zoom.us).

You will receive a confirmation email with class details.

**Breastfeeding Basics 4-17-2021**

**Time:** 9:00am

Clark Memorial's lactation consultant, Andrea Denbow, RN, IBCLC offers information on the benefits of breastfeeding as well as techniques and supplies that can make breastfeeding a more pleasant experience.

Breastfeeding Basics will be held via Zoom. Prior to the class, be sure to download the app or set up your web browser so you are prepared for class well in advance. You can also [join a test meeting](#) to familiarize yourself with Zoom. If you need assistance getting started, please visit [Support.Zoom.us](https://support.zoom.us).

You will receive a confirmation email with class details.