


Expecting A BABY?

FEEL CONFIDENT. PREPARED. SUPPORTED. 

FREE CHILDBIRTH EDUCATION SERIES

at Corewell Health St. Joseph

 Open to all expectant families—
even if you're delivering elsewhere!

YOU'LL LEARN:



What to expect during labor & delivery



Pain management options (including epidurals & more)



Postpartum recovery & what comes next



Newborn care basics



Local resources to support you after baby arrives

Learn from LOCAL EXPERTS!



OB CRNA



Pediatrician



Pelvic Floor Therapist



PPD & PPA Counselor



Doula



Early Childhood Educators (Berrien RESA)



June Classes (6-9 PM)

WEDNESDAY, JUNE 10

WEDNESDAY, JUNE 17

WEDNESDAY, JUNE 24



Corewell Health St. Joseph
1234 Napier Ave, St. Joseph

WHAT PAST MOMS SAY:



"I felt so much more prepared and less anxious."



"I was comfortable asking questions."



"Answered questions I didn't know I had."



BONUS! HOSPITAL TOUR INCLUDED

See Labor & Delivery + Postpartum units!

REGISTER TODAY!

SPOTS ARE LIMITED! 



Email Hannah.lasota@corewellhealth.org

Please include:




Your name



Support person's name



Phone number

 We're here to support you every step of the way.