



EXPECTANT MOMS!

Join us this November!

An informative, supportive, and **FREE** 3-part class at **Corewell Health in St Joseph**

Taught by two experienced labor nurses and featuring a number of guest speakers!

Free to the public – even if you're choosing to deliver elsewhere!



IN THIS 3-PART CLASS (9 HOURS OF CLASS TIME), YOU'LL LEARN:



What to expect in labor and delivery



Pain medication options available (at Corewell)



What to expect after delivery and how to care for baby



Resources available to support you post partum



Tour of CHS St Joseph's labor and post partum units

MEET OUR GUEST SPEAKERS!

- ♥ OB CRNA
- ♥ Pelvic Floor Therapists
- ♥ Pediatrician
- ♥ Doula
- ♥ WIC Representative
- ♥ Early Childhood Educators from Berrien RESA

OTHERS WHO HAVE TAKEN THIS CLASS HAVE SHARED...

“This class helped me feel more prepared and less anxious about labor!”



“I was comfortable asking questions.”



“Answered questions I didn't know I had.”



Don't wait,
REGISTER TODAY!



We'll support you regardless of where you choose to have your baby.

CLASS DATES & TIMES



**Tuesday, November 4th
6-9pm**

**Thursday, November 11th
6-9pm**

**Tuesday, November 17th
6-9pm**

It is recommended you attend all three classes.

Not sure where you want to deliver?

Come to our class, get to know our team, tour the unit and make an informed decision.



LOCATION

1234 Napier Ave.,
Saint Joseph Michigan