

Hey 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."*

Not sure where you want to deliver?

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

Don't wait, REGISTER TODAY!

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

CLASS DATES & TIMES

Wednesday, November 4th
6–9pm

Wednesday, November 11th
6–9pm

Tuesday, November 17th
6–9pm

It is recommended you attend all three classes.

LOCATION

1234 Napier Ave.,
Saint Joseph Michigan

REGISTER BY EMAILING HANNAH AT
hannah.lasota@corewellhealth.org

Include your name, your support person's name, and a contact number.

Knowledge ♥ Support ♥ A Healthy Start