



Hey EXPECTANT MOMS!

Join us this September!

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



Tuesday, September 1st
6-9pm

Thursday, September 10th
6-9pm

Tuesday, September 15th
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.

