## **2024** Childbirth Education Class Schedule

**Tuesday class**: Birth Center Process, Variations in Labor & Birth, Pain Relief Options, Tour of Birth Center, Post Partum Care

**Thursday class**: Breastfeeding, Baby Care Basics, Why Babies

Cry, Safe Sleep



Tuesday, **February 13** 5:30pm – 8:30pm Thursday, **February 15** 5:30pm – 8:30pm Tuesday, April 9 Thursday, April 11 5:30pm - 8:30pm 5:30pm - 8:30pm Tuesday, June 11 5:30pm - 8:30pm Thursday, June 13 5:30pm - 8:30pm Thursday, August 15 Tuesday, August 13 5:30pm – 8:30pm 5:30pm - 8:30pm Thursday, October 17 Tuesday, **October 15** 5:30pm – 8:30pm 5:30pm - 8:30pm Tuesday, **December 10** 5:30pm – 8:30pm Thursday, **December 12** 5:30pm –8:30pm



Registration options: sign up online through the Kearny County Hospital Web site Call or email:

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