
Shenandoah Community Health Center, Education Department, offers a variety of classes to meet your needs as a pregnant woman. Inside you will find a list of classes currently offered for 2008. It is a good idea to register for classes in your 6th month of pregnancy.

If you have any questions or would like to register, simply fill out the form enclosed and bring it to your next appointment or call Misty Warren at 304-263-4999 ext. 1021. For a faster response you can also email your information to www.birthisnormal@yahoo.com Registration is required and class size is limited, so please sign-up in advance.

Thank you for considering us for your educational needs during this special time. I look forward to hearing from you!

What classes did you sign up for today?

Keep as a reminder for yourself

Childbirth Class

Thursdays from 6:30—8:30

Jan. 17—Feb. 21

Mar. 13-April 17

May 8—June 12

July 3-Aug. 7

One Day Childbirth Class

Saturday from 9:30-4:30

Jan. 5

Feb. 2


March 1

April 5

May 3

June 7

July 5



*Shenandoah
Women's
Health
Class
Schedule*

2008

CHILDBIRTH EDUCATION

Childbirth education classes meet for 6 weeks and will help ease your fears and answer your questions about labor, delivery, and newborn care. Topics covered include timing contractions, how labor starts and how to manage each stage, ways your labor partner can help ease your discomfort, risks and benefits to pain medication, Cesarean birth and a hospital tour. In our last class we will also cover what a newborn looks like, normal hospital tests, newborn reflexes, car seat safety, bathing, diapering, and how to care for the baby once you get home. Classes are held on Thursday nights from 6:30—8:30 p.m. in classroom B at the health center. Series fee is \$60

If you have insurance please check with your carrier for coverage. Please call 304-263-4999 ext. 1021 if you have questions or email me at www.birthisnormal@yahoo.com

Class dates for 2008 are:

Jan. 17-Feb. 21 Aug. 28-Oct. 2
Mar. 13– Apr. 17 Oct. 16-Nov. 20
May 8– June 12 Dec. 11-Jan. 22
July 3—Aug. 7

ONE DAY CHILDBIRTH REFRESHER

This is a great class if you cannot attend an evening class or for anyone who just needs a refresher this time around. This is a crash course in childbirth education covering topics such as the stages of labor, comfort techniques, common medical procedures including Cesarean deliver and what to expect from your body after deliver. This class is held on a Saturday from 9:30 a.m. to 4:30 p.m. in classroom B at the health center. Class fee is \$40.

If you have insurance please check with your carrier for coverage. Please call 304-263-4999 ext. 1021 if you have questions or email me at www.birthisnormal@yahoo.com

Class dates for 2008 are:

Jan. 5 July 5
Feb. 2 Aug. 2
March 1 Sept. 6
April 5 Oct. 4
May 3 Nov. 1
June 7 Dec. 6

Registration Form

A \$3 registration fee is required for each class/series. Checks should be made payable to SVMS and returned with this form. You may give them to the receptionist at Women's health. Don't forget to write "for classes" on the memo line of your check.

Childbirth Education (6 week series)

- Jan. 17-Feb. 21
- Mar. 13-April 17
- May 8-June 12
- July 3-Aug 7
- Aug. 28-Oct. 2
- Oct. 16– Nov. 20
- Dec. 11-Jan. 22

Childbirth Education (Saturday Class)

- January 5
- February 2
- March 1
- April 5
- May 3
- June 7
- July 5
- August 2
- September 6
- October 4
- November 1
- December 6

Name

Address

Phone

Due date

Labor Partners
Name