

# IN-PERSON CHILDBIRTH CLASSES



We hope to empower each parent with the tools and knowledge needed for the delivery of their precious baby.

Saturday, January 4

Saturday, March 1

Saturday, May 3

Saturday, September 6

Saturday, November 1



8:00 a.m. – 3:30 p.m.

United Hospital Center

Our class is tailored for first-time parents. We educate mom and partner about expectations for the delivery process.

#### Topics include:

- Stages of labor
- Natural childbirth
- Pain management-assisted childbirth
- Epidural
- Cesarean section
- Incorporation of relaxation methods during childbirth
- Kangaroo care/breastfeeding
- Postpartum recovery



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Patient Educator

**Call 681-342-4346**  
to register and for  
class location.

 **WVU Medicine**

UNITED HOSPITAL CENTER