

## PRENATAL EDUCATION CLASSES

In 2024, all Prenatal Classes at Memorial Healthcare are **FREE** thanks to a Michigan Health Endowment Grant!

### **PREPARATION FOR CHILD BIRTH**

**WHO:**

- For expectant mothers and the support person who plans to participate at birth.
- Should be attended during the last two months of pregnancy.
- A labor coach should attend with the mother.

**WHAT:**

Includes prenatal exercises, relaxation techniques, breathing patterns, fetal development, as well as the process of labor and delivery. Also includes adjusting to parenthood and your newborn. Part of the course session is devoted to discussion of C-section and vaginal birth after C-section (VBAC).

**WHERE:**

Memorial Healthcare NOW Building  
819 N. Shiawassee Street, Owosso

**TIME:**

6 pm to 8 pm

**DATES:**

January 4 and 11	July 11 and 18
March 7 and 14	September 5 and 12
May 2 and 9	November 7 and 14



### **PREPARATION FOR BREASTFEEDING**

**WHO:**

Expectant mothers who are planning to breast feed.

**WHAT:**

Instruction on the art of breastfeeding. Learn the benefits of breast feeding, preparation, nutritional needs and weaning.

**WHERE:**

Memorial Healthcare  
NOW Building  
819 N. Shiawassee Street  
Owosso

**TIME:**

6 pm to 8 pm

**DATES:**

February 6	August 6
April 2	October 1
June 4	December 3



### **INFANT CARE**

**WHO:**

Parents, grandparents, baby sitters and siblings, age 12 and older.

**WHAT:**

Information and practice on bathing, dressing, formula preparation, feeding, cord and circumcision care, and parenting skills.

**WHERE:**

Memorial Healthcare  
NOW Building  
819 N. Shiawassee Street  
Owosso

**TIME:**

6 pm to 8 pm

**DATES:**

February 1	August 1
April 4	October 3
June 6	December 5



### **IMPORTANT**

- Pre-registration is required for all classes.
- It is strongly recommended to call for classes early in your pregnancy.

### **TO REGISTER**

- Please contact our Scheduling Department at (989) 729-6422 or toll-free at (866) 900-6422 to register for a class.

To learn more about our award-winning Family Birth Place, visit us online at [www.MemorialHealthcare.org/family-birth-place](http://www.MemorialHealthcare.org/family-birth-place)