

FREE PRENATAL EDUCATIONAL CLASSES

The Baby Place at Northeastern Nevada Regional Hospital is hosting free prenatal classes for women in their third trimester. Topics include pre-term labor, what to expect during labor, pain management, newborn care, breastfeeding, and what to expect if you need to have a medical intervention (such as a C-section). Classes will also tour the Obstetrics Department.

Where: Northeastern Nevada Regional Hospital, 2001 Errecart Blvd. The classroom is located on the first floor next to the dining room.

5-WEEK CLASS SERIES FOR 2019

Thursday evenings from 6:00 p.m. to 8:00 p.m.

- **January 10, 17, 24, 31, February 7**
- **February 28, March 7, 14, 21, 28**
- **April 25, May 2, 9, 16, 23**
- **June 13, 20, 27, July 11, 18**
- **August 8, 15, 22, 29, September 5**
- **September 26, October 3, 10, 17, 24**
- **November 7, 14, 21, December 5, 12**

While we would prefer for expectant mothers to attend all 5 classes in a series, you are encouraged to sign up and come to whichever classes you can.

BREASTFEEDING CLASSES

The final class in each series will focus on breastfeeding. These sessions are open to both prenatal and postpartum mothers.

- **February 7** • **March 28** • **May 23** • **July 18**
- **September 5** • **October 24** • **December 12**



These classes are free and open to the public for women in their third trimester. You are welcome to bring your spouse, significant other or support person to class.

To sign up, call The Baby Place at (775) 748-2140.
Space is limited. Call now to reserve your seat!

