

# FREE PRENATAL EDUCATION 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 2020

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

- **January 9, 16, 23, 30, February 6**
- **February 27, March 5, 12, 19, 26**
- **April 23, 30, May 7, 14, 21**
- **June 11, 18, 25, July 9, 16**
- **August 6, 13, 20, 27, September 3**
- **September 24, October 1, 8, 15, 22**
- **November 5, 12, 19, December 3, 10**

*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 6** • **March 26** • **May 21** • **July 16**
- **September 3** • **October 22** • **December 10**

These classes are free and open to all 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!**

