

FREE PRENATAL EDUCATION CLASSES

Northeastern Nevada Regional Hospital is hosting free prenatal classes for expectant mothers 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 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 2021

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

- **January 14, 21, 28, February 4, 11**
- **March 4, 11, 18, 25, April 1**
- **April 22, 29, May 6, 13, 20**
- **June 10, 17, 24, July 1, 8**
- **July 22, 29, August 5, 12, 19**
- **September 9, 16, 23, 30, October 7**
- **Oct. 28, Nov. 4, 18, Dec. 2, 9**

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 11** • **April 1** • **May 20** • **July 8**
- **August 19** • **October 7** • **December 9**

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 **(775) 748-2140**.

Space is limited. Call now to reserve your seat!

