

NEWPORT HOSPITAL & HEALTH SERVICES
CHILDBIRTH EDUCATION CLASSES 2018

SESSION 1	
January 10	Infant CPR
	Exercise in Pregnancy
January 17	The Last Trimester, Am I in Labor?
	Natural Pain Management
January 24	Complications of Labor and Delivery and Pain Control
	Tour the OB department and fetal monitoring
January 31	Breastfeeding and infant care
	Postpartum
SESSION 2	
April 4	Infant CPR
	Exercise in Pregnancy
April 11	The Last Trimester, Am I in Labor?
	Natural Pain Management
April 18	Complications of Labor and Delivery and Pain Control
	Tour the OB department and fetal monitoring
April 25	Breastfeeding and infant care
	Postpartum
SESSION 3	
July 11	Infant CPR
	Exercise in Pregnancy
July 18	The Last Trimester, Am I in Labor?
	Natural Pain Management
July 25	Complications of Labor and Delivery and Pain Control
	Tour the OB department and fetal monitoring
August 1	Breastfeeding and infant care
	Postpartum
SESSION 4	
October 3	Infant CPR
	Exercise in Pregnancy
October 10	The Last Trimester, Am I in Labor?
	Natural Pain Management
October 17	Complications of Labor and Delivery and Pain Control
	Tour the OB department and fetal monitoring
October 24	Breastfeeding and infant care
	Postpartum

All classes are open to the public and free of charge. Classes are held on Wednesday evenings from 6-8pm in the Sandifer Room (main hospital, lower level) at Newport Hospital & Health Services. We encourage you to attend all four classes, but you may attend what your schedule allows. Please call (509) 447-6398 to register, you may leave a message.