



Newport Hospital and Health Services

714 W. Pine Street, Newport, WA • (509) 447-2441

www.NewportHospitalAndHealth.org

CHILDBIRTH EDUCATION CLASSES 2019

SESSION 1	
January 9	Infant CPR
	Exercise in Pregnancy
January 16	The Last Trimester, Am I in Labor?
	Natural Pain Management
January 23	Complications of Labor and Delivery and Pain Control
	Tour the OB department and fetal monitoring
January 30	Breastfeeding and infant care
	Postpartum
SESSION 2	
April 3	Infant CPR
	Exercise in Pregnancy
April 10	The Last Trimester, Am I in Labor?
	Natural Pain Management
April 17	Complications of Labor and Delivery and Pain Control
	Tour the OB department and fetal monitoring
April 24	Breastfeeding and infant care
	Postpartum
SESSION 3	
July 10	Infant CPR
	Exercise in Pregnancy
July 17	The Last Trimester, Am I in Labor?
	Natural Pain Management
July 24	Complications of Labor and Delivery and Pain Control
	Tour the OB department and fetal monitoring
July 31	Breastfeeding and infant care
	Postpartum
SESSION 4	
October 9	Infant CPR
	Exercise in Pregnancy
October 16	The Last Trimester, Am I in Labor?
	Natural Pain Management
October 23	Complications of Labor and Delivery and Pain Control
	Tour the OB department and fetal monitoring
October 30	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 at the 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.