

**NEWPORT HOSPITAL & HEALTH SERVICES
CHILDBIRTH EDUCATION CLASSES 2020**

SESSION 1	
January 8	Infant CPR
	Exercise in Pregnancy
January 15	The Last Trimester, Am I in Labor?
	Natural Pain Management
January 22	Complications of Labor and Delivery and Pain Control
	Tour the OB department and fetal monitoring
January 29	Breastfeeding and infant care
	Postpartum
SESSION 2	
April 8	Infant CPR
	Exercise in Pregnancy
April 15	The Last Trimester, Am I in Labor?
	Natural Pain Management
April 22	Complications of Labor and Delivery and Pain Control
	Tour the OB department and fetal monitoring
April 29	Breastfeeding and infant care
	Postpartum
SESSION 3	
July 8	Infant CPR
	Exercise in Pregnancy
July 15	The Last Trimester, Am I in Labor?
	Natural Pain Management
July 22	Complications of Labor and Delivery and Pain Control
	Tour the OB department and fetal monitoring
July 29	Breastfeeding and infant care
	Postpartum
SESSION 4	
October 7	Infant CPR
	Exercise in Pregnancy
October 14	The Last Trimester, Am I in Labor?
	Natural Pain Management
October 21	Complications of Labor and Delivery and Pain Control
	Tour the OB department and fetal monitoring
October 28	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.