

# CLASS REGISTRATION 2019



Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Primary Phone \_\_\_\_\_ Email \_\_\_\_\_

Provider/Doctor \_\_\_\_\_ Due Date \_\_\_\_\_

Classes are designed to help prepare parents for pregnancy and childbirth and will provide an opportunity to better understand the body, the changes that occur during pregnancy and the birthing process. Once registration is processed a confirmation letter will be sent to you.

**Please check the class(es) you are registering for and a date for each. Pre-registration is requested.**

If you have questions, please contact the OB Department at 715-284-1329.

## CHILDBIRTH EDUCATION CLASSES - FREE

Two-Day Weekend Series; 6:30 p.m. to 9:00 p.m. on Friday and 9:00 a.m. to 1:00 p.m. on Saturday

February 8 & 9

April 12 & 13

June 7 & 8

August 9 & 10

October 11 & 12

December 13 & 14

Please choose **ONE** of the above Childbirth Education Dates. *\*\*All attendees will receive a gift upon completion.\*\**

## ONLINE CHILDBIRTH EDUCATION COURSE - FREE

Educational Information & Course Booklet

Online Education Course information is located at BRMH OB Department.

## BREASTFEEDING CLASS - FREE

Breastfeeding classes are held Tuesdays from 6:30 - 8:00 p.m.

January 8

March 12

May 14

July 9

September 10

November 12

**Mail Registration form to:**  
Black River Memorial Hospital  
OB Department  
711 West Adams Street  
Black River Falls, WI 54615

# Information about Class Registration



Childbirth education classes are encouraged to ensure a more satisfying birth experience. Just as one would prepare for a graduation and wedding, so is having a baby; life changing and memorable. Some of the many benefits in attending childbirth education classes include:

- Prepare for what to expect during the labor and delivery process.
- Build confidence in the body's ability to give birth and decrease anxiety.
- Support partner tips for the big day.
- Pain relief options, including massage, relaxation, positioning, breathing and medication.
- OB Department tour.
- Get questions answered about the birthing process.

Class sizes are small, offering the opportunity to connect with others in a relaxed setting as you learn the secrets of nurturing a healthy family.

## **TWO-DAY WEEKEND CHILDBIRTH EDUCATION CLASS - FREE**

This class is held the second Friday and Saturday of February, April, June, August, October and December. The class is held from 6:30 - 9 p.m. on Friday night and 9 a.m. - 1 p.m. on Saturday at Black River Memorial Hospital.

## **ONLINE CHILDBIRTH EDUCATION COURSE - FREE**

The online childbirth education course offers the opportunity to complete the childbirth class at home. Educational information and a course booklet are available at the Black River Memorial Hospital OB Department.

## **BREASTFEEDING CLASS - FREE**

During one evening class, you will learn the benefits of breastfeeding for mom, baby and the family. This class is held the second Tuesday of January, March, May, July, September and November from 6:30 - 8 p.m. at Black River Memorial Hospital.

**Pre-registration is requested.  
Call the OB Department at**

**715-284-1329**