

# 2017 Patient Ed Classes Offered by CRMC Obstetrics



- **PRENATAL CLASSES-** (CRMC Conference Room)

January 10 & 17, 2017

September 12 & 19, 2017

March 14 & 21, 2017

November 14 & 21, 2017

May 9 & 16, 2017

Convenient, two night class. First night covers Labor and Delivery, Relaxation Techniques, and Postpartum Cares. Second night covers Newborn Cares and Breastfeeding. Classes will run from 6:00-8:00 p.m.

- **Breastfeeding Support Group-** (CRMC Ed Room)

2nd Thursday of Every Month- 10:00 a.m.

CRMC OB Department has a breastfeeding support group to help moms get the most out of their breastfeeding experience. This breastfeeding support group helps moms in all stages of breastfeeding, from those with newborns to those nursing an older baby or toddler.

This group is facilitated by two Certified Lactation Counselors. You may ask questions of the facilitators or just socialize with each other. We hope moms will meet in the group and form supportive, lasting friendships. Occasionally guests will join the group to provide insight on infant-related topics of interest to moms.

- **SIBLING CLASS-** (CRMC Education Room)

February 7, 2017

April 4, 2017

August 8, 2017

October 3, 2017

This one evening class gives kids the chance to learn about baby and tour where mom and baby will stay. Kids will receive a color book, decorate a onesie to give to their new sibling, and learn tips on becoming a good big brother or sister. Class will run from 6:00-7:30 p.m.

All classes are free to CRMC patients.

Call the CRMC Obstetrics Department at 712.225.5101 to pre-register.



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