



# 2018 Prenatal Classes

**CRMC Conference Room**

## **This convenient, two-night class will cover:**

- The process of labor, birth and post-partum
- Breathing and relaxation techniques
- Pain management
- Your hospital stay
- Special situations such as labor interventions, assisted deliveries and C-sections
- Tour of the OB Department
- Newborn care including breast/bottle feeding basics

Classes are from 6:00-8:00pm and are free to CRMC patients.  
Call the CRMC OB Department at 712.225.5101 to pre-register.

January 9 & 16, 2018  
March 13 & 20, 2018  
May 8 & 15, 2018

September 11 & 18, 2018  
November 13 & 20, 2018



**CHEROKEE REGIONAL  
MEDICAL CENTER**