

HORN MEMORIAL CHILDBIRTH EXPRESS CLASS

Cost for Class is \$25 and includes:

- Book “Understanding Birth”, a web-enhanced parent guide allowing parents 6 months of access to video clips and printouts supplementing the curriculum
- Tour of the Family Birthing Center
- Opportunity to create a Birth Plan

Must have 4 registered by October 1st to hold the class.



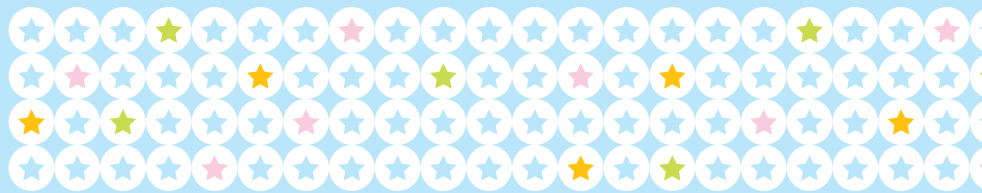
Saturday, October 23rd

9:00 a.m. - 3:00 p.m.

**Hospital Conference
Center**



Register by October 1st



**A condensed version of the regular
childbirth class curriculum**

9:00	Third Trimester Overview Understanding the Labor Process
10:30	Labor Comfort Techniques Understanding Medical Procedures Understanding Cesarean Birth
Noon	Lunch on Your Own
1:00	Understanding Postpartum Understanding Newborns
2:00	Expanded Breastfeeding Education (optional)

Online: www.hornmemorialhospital.org

Phone: 712.364.3311 ext. 120 (Rebecca Burns, Inpatient Director)

Email: rburnsrn@hornmemorialhospital.org