

**Thursday, January 9**

- Childbirth Preparation Class - 6:30pm
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**Childbirth Preparation Class**

**Time:** 6:30pm

If you are pregnant, Ashley Regional has designed a 4-week series of special services to help expectant parents get ready for the physical, emotional and lifestyle changes that come with having a baby. They provide the information and reassurance that is especially helpful during pregnancy.

The childbirth class is held Thursdays from 6:30-8:30 pm. Classes are held upstairs in the Conference Room. Enter the hospital through the ER Entrance.

Childbirth Preparation classes will take place for 4 weeks and the breastfeeding class will last 1 week. We have guest speakers from other facilities and departments to teach different topics.