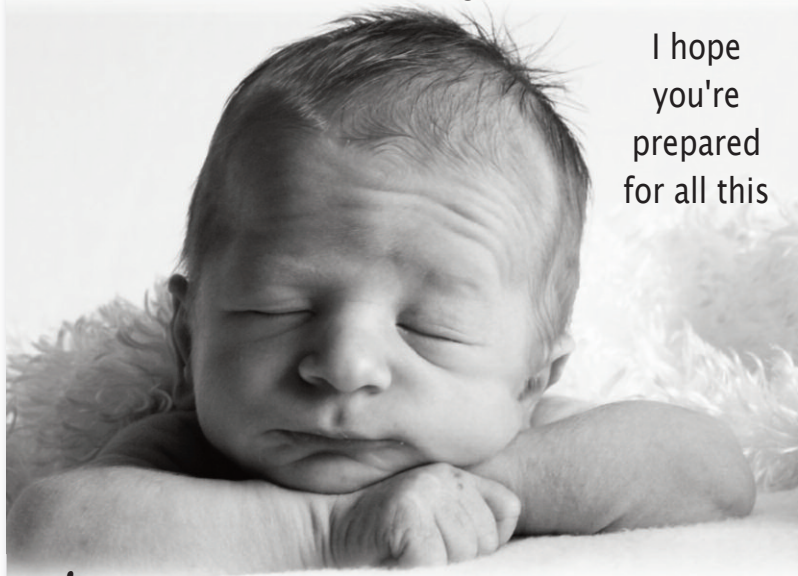


Some say I can be a little high-maintenance...

I hope
you're
prepared
for all this



Free!
Childbirth Classes

Free classes designed to be fun & educational!
Attendance of both the mother-to-be &
coach is strongly encouraged.

Class I - Wed, Feb. 1 6:00-8:00 p.m.
in the Activities Room at MLHS Long Term Care

- Changes during pregnancy and fetal development.
- Warning signs / premature labor.
- Exercises for labor and delivery and breathing techniques.

Class II - Mon, Feb. 6 6:00-8:00 p.m.
in the Activities Room at MLHS Long Term Care

- Nutrition - feeding my baby.
- Bottle/breast feeding.
- Practice breathing techniques.

Class III - Wed, Feb. 9 6:00-8:00 p.m.
in the Activities Room at MLHS Long Term Care

- Cesarean section.
- Labor and delivery - tour birthing room.
- Labor positions demonstrated.
- Practice breathing techniques.

Class IV - Mon, Feb. 15 6:00-8:00 p.m.
in the Activities Room at MLHS Long Term Care

- Parenting and well baby care.
- Practice breathing techniques.
- Evaluation

Next class dates offered May 2012

WE DELIVER MIRACLES

If possible, please register by
calling Kathleen Boser, RN,
Prenatal Instructor,
at **320-532-2732**,
or MLHS Community
Education Dept.,
320-532-2712



Mille Lacs Health System

Caring for body, mind and spirit

200 Elm Street N. Onamia, MN