

# Prenatal Education & Related Classes

## 2010

offered by *New Beginnings*  
at *Redwood Memorial Hospital*

### ■ Prepared Childbirth

Prepared Childbirth classes are offered for all prospective parents & coaches. Classes include information on labor & delivery, relaxation, breathing techniques, medication & anesthesia, and cesarean births. Parents should be approximately seven months pregnant. Comfortable clothes are encouraged. Bring one or two pillows or a blanket.

*3rd Sat. of month, 10:00 am – 4:00 pm*

Jan. 16	Feb. 20	March 20	April 17
May 15	June 19	July 17	Aug. 21
Sept. 18	Oct. 16	Nov. 20	Dec. 11

### ■ Childbirth Refresher Class

If you have had prenatal classes within the last five years, you may wish to take a refresher class only. Please call 725-7322 for class times.

### ■ Infant CPR

This class teaches the basics of infant & child resuscitation. Offered by appointment only. Please call 725-7322 to make an appointment.

*Teen Childbirth Preparation and Parenting classes are also available.  
Call 725-7322 for information.*

### ■ Hospital Orientation

If you are around 37 weeks, please call RMH New Beginnings for a pre-admission appointment & a tour.

### ■ Breastfeeding Class

Come learn the ins and outs of breastfeeding: How to know if your baby is getting enough; all about pumping; returning to work or school and breastfeeding; and much more! Your partner or support person is encouraged to attend.

*Thursdays 6:30 - 8:30 pm*

Jan. 21	Mar. 18	May 20	July 15
Sept. 16	Nov. 18		

*Prenatal education classes are offered in Spanish. Call 441-4477 or 441-4476 for information*

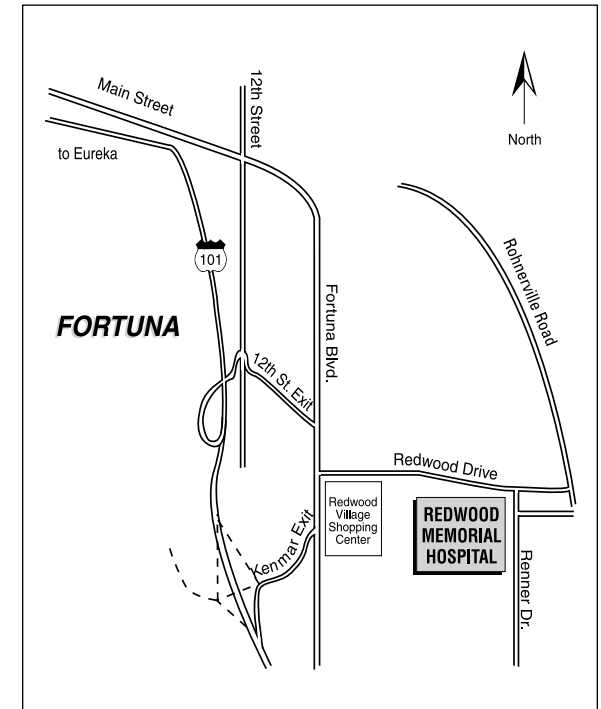
*Para mas informacion llame al 441-4477 o 441-4476*

New Beginnings

Redwood Memorial Hospital   
ST. JOSEPH HEALTH SYSTEM

All classes are free of charge and can also be arranged to fit other schedules.

Please call for more information or to register: New Beginnings at RMH 725-7322.



**Redwood Memorial Hospital**  
3300 Renner Drive  
Fortuna, California 95540  
707-725-3361  
www.redwoodmemorial.org

### *Redwood Memorial Hospital Vision Statement*

Our vision is to be recognized as a leader in holistic, patient-centered care – promoting the optimal well-being of the community; and providing a welcoming and healing environment that physically, emotionally, and spiritually uplifts patients, families, physicians, staff, and volunteers.