



2011 Prenatal Education & Related Classes

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

■ 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.

■ 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. 20	Mar. 17	May 19	July 21	Sept. 15	Nov. 17
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*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*

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

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.**

New Beginnings
Redwood Memorial Hospital 
ST. JOSEPH
HEALTH SYSTEM