

# 2023 Special Beginnings Classes



Special beginnings classes at Wayne HealthCare are a wonderful way for new or experienced parents to learn more about ways to care for their newborn.

## **Two-Week Series Childbirth Classes**

Childbirth classes are a great way to prepare for labor and birth. These classes will provide important information about pregnancy, labor, and coping skills to help you adjust as new parents. The instructor will discuss pain relief options, including massage, relaxation, breathing and pain medications. A tour of the obstetrics department is included with this class.

## **Breastfeeding Classes**

Breastfeeding is the healthiest choice for you and your baby. Our International Board Certified Lactation Consultant (IBCLC) will provide information on the physiology of milk production, prenatal preparation, positioning techniques, common problems and tips to help you succeed at breastfeeding.

# 2023 Special Beginnings Classes



All classes will be held at Wayne HealthCare  
Community Room #1 – 1st floor of the new addition  
Please use the Harrison Street entrance.

*835 Sweitzer Street - Greenville, OH 45331*

## Childbirth Classes

### 2-Week Monday Series

6:00 pm - 8:00 pm

- January 9, 16
- March 6, 13
- May 1, 8
- July 10, 17
- September 11, 18
- November 6, 13

## Breastfeeding Classes

### Thursday Class

6:00 pm - 8:00 pm

- January 12
- March 9
- May 11
- July 13
- September 14
- November 9

All classes are free to mothers who plan to deliver at Wayne HealthCare. Childbirth classes are \$50 and Breastfeeding classes are \$10 for mothers who plan to deliver elsewhere.

**For more information or to register,  
please call 937.547.5755.**