



### Having Another Baby? "Birthing Again" Classes

Classes for those who have already given birth and want to take a moment to focus on this new baby and upcoming birth as well as learn a few new things to help you relax and open your body to birth.

- Review your previous birth to learn from it and release it so you can be fully present.
- Learn breathing and relaxation skills to help you relax the internal tissues of your pelvis.
- Feel into your pelvis to know what positions and maneuvers best help you to progress and stay open.
- Fathers/partners learn to communicate through breath, touch and common language to help support moms with knowledge and love.

Wednesdays • 5 to 8 pm • Location TBA  
*Check with Maternity on the Day of Class*  
Cost per Class: \$10

April 6th • June 1st • July 27th  
September 21st • November 16th

## Childbirth Education Schedule 2011

Classes meet in the ICU Waiting Room located on the 2nd floor of the Hospital.

Wednesdays • 6 – 8 pm

The cost for the 6 week series is \$60 or \$10 for each class attended

To register for classes please call the Maternity Department: 1-508-957-9330

- Series I      January 5 – February 9
- Series II     March 2 – April 6
- Series III    April 27 – June 1
- Series IV    June 22 – July 27
- Series V     August 17 – September 21
- Series VI    October 12 – November 16

## Aulas de Parto em Português, ano 2011

Local das aulas: Quarto de espera da Unidade de Terapia Intensiva (ICU Waiting) no segundo andar do Hospital.

quartas-feiras • das 17 às 20 horas

Custo: \$10 por aula

Para registrar-se, ligue para o Departamento de Maternidade: 1-508-957-9330

- Série I      16 e 23 de fevereiro
- Série II     13 e 20 de abril
- Série III    8 e 15 de junho
- Série IV    3 e 10 de agosto
- Série V     28 de setembro e 5 de outubro
- Série VI    30 de novembro e 7 de dezembro