



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 from 6 to 8 pm • Location TBA
Check with Maternity on the Day of Class
Cost per Class: \$10

Feb. 8th • April 4th • May 30th • Aug. 1st
September 26th • November 21st

Childbirth Education Schedule 2012

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 4 – February 8

Series II February 29 – April 4

Series III April 25 – May 30

Series IV June 20 – August 1

Series V August 22 – September 26

Series VI October 17 – November 21

Aulas de Parto em Português, ano 2012

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 15 e 22 de fevereiro

Série II 11 e 18 de abril

Série III 6 e 13 de junho

Série IV 8 e 15 de agosto

Série V 3 e 10 de outubro

Série VI 28 de novembro e 5 de dezembro