

Mammoth Hospital Offering Free Childbirthing Classes Starting February 1st

Bi-Lingual Classes Taught by Pediatricians and OB-GYNs
in partnership with First 5 Mono County



Mammoth Hospital's Obstetrics and Pediatric Team

William White, MD, Kristin Wilson, MD, Louisa Salisbury, MD, Kristin Collins, MD, and Maxine Karimoto, MD.

- Build confidence in your body's ability to give birth.
- Discuss fears about labor and birth with the instructor and other couples with the same concerns.
- Your partner will learn about childbirth and how to support you on the big day.
- Your instructor will discuss pain relief options, including massage, relaxation, breathing techniques and medications.
- You will be provided with breastfeeding and infant care techniques and tips from lactation consultants and pediatricians.

Topics Include:

- 2/1/17 Nutrition and Women's Health OB Basics
- 2/8/17 Natural Childbirth
- 2/15/17 Mammoth Hospital Birth Center Tour
- 2/22/17 Anesthesia
- 3/1/17 Breastfeeding
- 3/8/17 Pediatrics and OB Postpartum

Classes held weekly on Wednesdays starting at 6:00pm for one hour each session.



A tour of our birthing facility during class will give you the opportunity to meet our friendly staff and ask questions.



For more information and to sign up, call **760.924.4044.**

Meticulous Care • Memorable People • Majestic Location

www.mammothhospital.com