

# Mammoth Hospital Offering Free Childbirthing Classes Starting March 28<sup>th</sup>

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



## Mammoth Hospital's Obstetrics and Pediatric Team

Kristin Wilson, MD, Louisa Salisbury, MD, Kristin Collins, MD,  
Maxine Karimoto, MD, and MaryAlice Lopez, 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:

- 3/28/18 Mammoth Hospital Birth Center Tour
- 4/4/18 Nutrition and Women's Health OB Basics
- 4/11/18 Natural Childbirth
- 4/18/18 Anesthesia
- 4/25/18 Breastfeeding
- 5/2/18 Pediatrics and OB Post-Partum Topics

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](http://www.mammothhospital.com)