

# Mammoth Hospital Offering Free Childbirthing Classes Starting March 27<sup>th</sup>

Bi-Lingual Classes in Partnership With First 5 Mono County



- 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:

- 3/27/19 Nutrition & Women's Health OB Basics
- 4/3/19 Natural Childbirth
- 4/10/19 Mammoth Hospital Birth Center Tour
- 4/17/19 Anesthesia
- 4/24/19 Breastfeeding
- 5/1/19 Pediatrics & OB Post-Partum Topics

Classes held weekly on Wednesdays starting at 6:00 pm 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)