

Prenatal & Family Education Classes

Join us at Memorial Hospital for Free Prenatal Classes

For most pregnant women, even if you already have a child, the labor and birth process can be both overwhelming and joyful. Many women and their partners choose to attend childbirth classes to gather information and lessen their anxiety.



Our Curriculum Includes:

- Maternal Nutrition
- Pregnancy Complications
- Infant Feeding
- Child Safety
- Growth and Development
- Discipline and Bringing Up Baby
- Cesarean Sections & Epidural Information
- Lamaze Breathing & Relaxation Techniques

MH
MEMORIAL HOSPITAL

Tel 618-826-4581
www.mhchester.com