

Childbirth Class Options

Women's Health Center is pleased to offer two options for Childbirth Preparation Classes.

Choose the class that best suits your schedule and needs as you plan for the birth of your child.

Advanced registration required, 541-479-8363.



Childbirth Education

One Saturday Class

8:30 am – 5:00 pm

If you are short on time but still want great education and resources, this is the perfect class for you. Topics of discussion include:

- Preparing for labor
- Breathing and relaxation in labor
- Medical interventions and pain management options
- Vaginal birth, cesarean section
- Post-partum and recovery

Guest Speakers may include a local pediatrician and/or an OB/GYN physician.

A tour of the Family Birth Center at Three Rivers Medical Center included.

Please take this class at about 30-32 weeks pregnant

Upcoming Session Dates

May 12 June 2 July 7

August 4 Sept. 8

Oct. 6 Nov. 3

Time for morning, lunch and afternoon break

Registration: \$55 per couple

Your Birth Matters

6-week Childbirth Education Series

Wednesdays 6:00 pm – 8:00 pm

Each week, a different topic is discussed along with time set aside for stretches and breathing exercises. Open, interactive discussion is welcome! Topics include:

- Pregnancy & Fetal Development
- Phases & Stages of Labor
- Pain Management
- Vaginal birth, Cesarean Section
- Lifestyle and Unexpected Outcomes
- Breastfeeding, Newborn Care & Sexuality

Guest Speakers may include a local pediatrician and/or an OB/GYN physician.

A tour of the Family Birth Center at Three Rivers Medical Center included.

Please begin classes at about 28 weeks pregnant

Upcoming Session Dates

May 2 – June 6

No Summer Sessions

Sept 26 – Oct 31

Nov. 14 – Dec. 19

Registration:
\$90 per couple

