

Childbirth Classes

1. Tuesday – January 9th, 2018. 5:30–7:30 pm with Dana Whittaker CNM. We will be covering 3rd trimester, anatomy, labor and birth.
2. Tuesday – January 16th, 2018. 5:30–7:30 pm with Dana Whittaker CNM. We will review breathing and relaxation techniques and will practice some as well as discussing other pain relief options.
3. Tuesday – January 23rd, 2018. 5:30–7:30 pm with Dana Whittaker CNM. We will be covering complications of labor and birth and doing a tour of the Birth Place at SPH.
4. Tuesday – January 30th, 2018. 5:30–7:30pm with Julie McCarron CNM. We will be covering newborn care.
5. Tuesday – February 6th, 2018. 5:30–7:30pm with Julie McCarron CNM. We will cover breastfeeding.

These classes will all be held in the South Peninsula Hospital Conference Rooms 1 and 2. Park in the lower parking lot and enter through the double doors by the cafeteria. You may bring a coach with you to class. You may bring food to class if desired. These classes are offered free of charge to Homer Medical clients. You may come to all of them or just a few, they are optional. For questions contact Dana Whittaker CNM or Julie McCarron CNM at 435-3040.

