

FORKS COMMUNITY HOSPITAL

2018 Childbirth Education Classes

Class 1: “We’re Pregnant! What’s happening?”
Overview & informed decision-making.

Class 2: “Preparing for a Marathon: It’s a walk in the park.” Understanding labor.

Class 3: “Getting to the finish line!” Coping with transition, second, and third stages.
Making a birth plan.


Class 4: “But I thought I could read the map!”
Dealing with variations and complications in labor and birth.


Class 5: “Choices, Choices: A trail guide”. Pain medicines, hospital tour, labor review, and birth plan.

Class 6: “We are a family! Now what?” Breastfeeding, postpartum care for moms, dads, siblings, and the newborn.




Classes held each Wednesday, for six weeks beginning:

 January 10, 2018 (ending February 20, 2018)
6:30 p.m. – 8:30 p.m.

 April 11, 2018 (ending May 16th, 2018)
6:30 p.m. – 8:30 p.m.

 July 25, 2018 (ending August 29th, 2018)
6:30 p.m. – 8:30 p.m.

 November 14, 2018 (ending December 19th, 2018)
6:30 p.m. – 8:30 p.m.

@ The Caring Place
481 West E Street
Forks, WA

To Register:

Visit: www.forkshospital.org

or

Call: 360-374-6271 ext. 165

or

Email: Cassieh@forkshospital.org

or

Forks Community Hospital Admitting Desk



Forks Community Hospital
“Pioneers in Rural Health Care”

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