



CHILD BIRTHING CLASS

GALION HOSPITAL, 269 Portland Way S, Galion

6:00 – 9:00pm

2020 CLASS SCHEDULE

September 10

October 8

November 12

December 10

4
couples
PER CLASS

with COVID-19 restrictions

Avita Health System Child Birthing Classes, led by the OB Department, are held one Thursday a month in Galion Hospital's Lobby Conference Room. It is most beneficial to attend a class during your final trimester (*after 28 weeks*). Please bring your coach and wear comfortable clothing.

All of your questions answered with topics such as:

The Importance of Labor Support

Relaxation Techniques that Work

Common Obstetrical/Newborn Procedures and Terminology

Understanding Labor and Birth

Caring for Your Newborn

Hospital Safety

Postpartum Care for Mom

Class concludes with a tour of THE BIRTH PLACE at Galion Hospital!

Class fee is \$45.00. If you are an Avita patient, the class fee will be billed to your insurance. Any uncovered amount will be added to your office statement.

Instructors: Labor and delivery nurses from Avita Health System.

To register or if you have questions call 419-468-0910.