

Birthing 101

A Childbirth Series for Expectant Parents

sponsored by : The Olean Medical Group, LLP
535 Main St., Olean

Prepared Childbirth Class Series

During the last 3 months of pregnancy, the Prepared Childbirth Class Series is highly recommended for its hands-on, and often, fun approach to dealing with labor, delivery, and recovery after birth. This series teaches comfort level and enhancing the birth experience. Birth preparation is discussed in detail for natural vaginal delivery, birth with an epidural, or cesarean birth.

Bring your pillows, your questions, and don't forget to breathe. Bring at least 2 bed pillows to every class.

Certified nurses will be conducting this 4-week series which will include the following:

- Breathing Exercise
- Relaxation
- Stages of Labor
- Baby Care
- Breast Feeding
- Post Partum
- Car Seat Information

(Our nurses have been certified by the Academy of Certified Birth Educators (ACBE) in the Birth and Beginnings Education Course (BABE).

Each class series will be held **4 consecutive Tuesdays from 6 – 8:00 PM** at the Olean Medical Group, OB/GYN, 2nd floor, Area G. **The cost is \$60 per series** and registration is necessary. *(Most insurances cover these classes.)* Paid classes are non-refundable. Classes may be scheduled for a later date. **To register, call 716-376-2373** or in person, come to AREA G at the Olean Medical Group, 535 Main St., Olean.

Upcoming Classes

April 24 - May 15, 2007

May 29 - June 19, 2007

July 10 - July 31

August 14 - September 4

September 18 - October 9

October 23 - November 13

November 27 - December 18

