

FREE Classes

through Hays Medical Center

Community Support

Childbirth Education Class

This four week course is designed for expectant moms and coaches to learn more about the birth process in an enjoyable atmosphere. Information about labor, delivery, cesarean sections, and baby cares will be discussed. Labor positions, breathing and relaxation methods are rehearsed.

**Offered every other month on Mondays
7:00 p.m. - 9:00 p.m.**

Call 623-5200 to enroll.

Sibling Class

This class offers a fun and interactive way to help prepare children for the birth of a new baby. A craft activity, sibling video, and tour of the OB area will help your child feel more involved for the upcoming arrival of a new baby. Parents are encouraged to attend with their child.

**Offered every other month on a specified Sunday
3:00 p.m. – 4:30 p.m.**

Call 623-5200 to enroll your child.

Basic Breastfeeding Class

This basic breastfeeding class is encouraged for all pregnant mothers. Instructional activities will provide opportunities to learn about latch, breastfeeding positions, milk supply and demand, and other breastfeeding concerns.

**Offered every other month on a specified Monday
6:30 p.m. – 9:00 p.m.**

Call 623-5200 to enroll.