



# Childbirth Education

## 2020 Class Schedule

Enroll anytime in this one-day class. Recommended during the third trimester.  
Class is held on Saturdays from 8 a.m. to 3 p.m., with a lunch break.

### Class Dates:

May 2  
June 6  
July 11  
August 1  
September 12  
October 3  
November 7  
December 5

### You're excited to deliver. So are we!

Childbirth education class at Newton Medical Center covers topics such as:

- Nutrition and exercise
- Natural, epidural and cesarean birth plan
- Labor positions and comfort interventions
- Post-delivery care for mom and baby
- Infant nutrition, safe sleep and car seat safety
- Tour of maternal unit

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**To register:** Register and pay online  
at [newtonmed.com](http://newtonmed.com) under Maternity Care.

**Fee\*:** \$50 if delivering at NMC  
\$100 if delivering at another facility

\*May be covered by insurance.

