

Mammoth Hospital Offering Free Childbirthing Classes Starting July 18th

Bi-Lingual Classes in partnership with First 5 Mono County



- Build confidence in your body's ability to give birth.
- Discuss fears about labor and birth with the instructor and other couples with the same concerns.
- Your partner will learn about childbirth and how to support you on the big day.
- Your instructor will discuss pain relief options, including massage, relaxation, breathing techniques and medications.
- You will be provided with breastfeeding and infant care techniques and tips from lactation consultants and pediatricians.

Topics Include:

- 7/18/18 Nutrition & Women's Health OB Basics
- 7/25/18 Natural Childbirth
- 8/1/18 Mammoth Hospital Birth Center Tour
- 8/8/18 Anesthesia
- 8/15/18 Breastfeeding
- 8/22/18 Pediatrics & OB Post-Partum Topics

Classes held weekly on Wednesdays starting at 6:00pm for one hour each session.



A tour of our birthing facility during class will give you the opportunity to meet our friendly staff and ask questions.



For more information and to sign up, call **760.924.4044.**

Meticulous Care • Memorable People • Majestic Location

www.mammothhospital.com