

2024 FREE PRENATAL EDUCATION CLASSES

Learn about the following:

- Pregnancy danger signals
- Stages of labor and delivery
- Breathing and relaxation techniques
- Cesarean birth (C-sections)
- Pain management and epidurals
- Newborn care and nutrition
- Breastfeeding
- Other general information



Prenatal classes are for expectant mothers after 20 weeks of pregnancy.



Phelps Health
OBSTETRICS AND NURSERY

PRENATAL CLASS REGISTRATION

Name: _____

Address: _____

City: _____

Zip Code: _____

Phone Number: _____

Support Person: _____

Due Date: _____

Physician: _____

Please list your first and second preferences for class dates:

First Preference Class:

Date: _____

Location: _____

Second Preference Class:

Date: _____

Location: _____

Please return completed form to:

Phelps Health, ATTN: Prenatal Educator
Third Floor Obstetrics Department
1000 West 10th Street | Rolla, MO 65401

2024 Prenatal Classes

All classes are held on Saturdays from
9:00 AM-3:00 PM.

Private Dining Room 1 (Next to the Cafeteria)
Phelps Health, 1000 West 10th Street, Rolla

2024 dates are:

- February 17
- March 2
- April 6
- May 4
- June 8
- July 13
- August 10
- September 14
- October 5
- November 16
- December 21

- **All classes are free and open to the public with advance registration.**
- **A support person is encouraged to attend with you.**
- **A tour of the Obstetrics Unit is included.**

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