

# 2020 PRENATAL EDUCATION CLASSES

## Learn about the following:

- Pregnancy danger signals
- Stages of labor and delivery
- Breathing and relaxation techniques
- Cesarean birth
- 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: \_\_\_\_\_

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

PHELPSHEALTH.ORG



## Prenatal Classes in Rolla

**9:00 AM-3:00 PM**

**Phelps Health Hospital Private Dining Room 2**

January 8

April 16

July 16

October 8

## Prenatal Classes in Rolla (Evening)

**5:30-7:30 PM**

**Phelps Health Hospital Private Dining Room 2**

February 11 and 18

August 4 and 11

May 5 and 12

November 3 and 10

\*These dates are a two-part class. Participants will be scheduled for both classes.

## Prenatal Classes in Waynesville

**9:00 AM-3:00 PM**

**Phelps Health Waynesville Medical Plaza  
Community Room**

March 12

September 10

June 11

December 10

- **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 in the Rolla classes.**