

# 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.**