

Hillsdale Hospital is one of just seven hospital's statewide that is gold designated by Michigan's Alliance for Innovation in Maternal Health (MI-AIM). Gold designation is reserved for hospitals delivering superior quality and safety in providing maternal health services.

# CHILDBIRTH EDUCATION CLASSES

(517) 437-5280

Hillsdale Hospital Birthing Center 168 S. Howell Street Hillsdale, Michigan 49242

www.hillsdalehospital.com

Deliver and care for your new baby with confidence.





## CHILDBIRTH & ) BREASTFEEDING EDUCATION

Our childbirth education classes empower you as an expecting parent with the knowledge, confidence and support you need during pregnancy, labor and after the birth of your baby.

### What You'll Learn

You'll gain in-depth knowledge of:

- Pregnancy
- Labor and delivery
- Comfort techniques
- Newborn care
- Postpartum care
- Breastfeeding techniques and support program

Receive a complete tour of our stateof-the-art birthing center, which offers private rooms with whirlpool tubs and flat-screen TVs, 24-hour anesthesia coverage, telemetry to encourage mobility and a daddy desk.

It is recommended to take the class between the 28th and 38th week of your pregnancy.

## 2020 Class Schedule

Saturday, January 11 Saturday, March 7 Saturday, May 2 Saturday, July 11 Saturday, September 12 Saturday, November 7

#### Location

Hillsdale Hospital Birthing Center 168 S. Howell Street, Hillsdale, MI 49242 (The entrance to the Birthing Center is located on the southeast corner of S. Manning Street & E. Hallett Street.)

#### Time

10 am to 4 pm

Classes are FREE to those delivering at Hillsdale Hospital. To register for classes, please call

(517) 437-5280