



Childbirth Education Class Schedule 2025

**All Classes are Held in the Grand Lake Medical
Office Conference Room**

Welcome to the Grand Lake Health Care System. We are honored that you have chosen our Birthing Center to help bring your baby into this world. Our staff are compassionate, dedicated, and highly skilled, with the experience and caring attitude that you deserve. We are second to none in our commitment to serve you and your new family.

We offer a Saturday Class which will include topics such as warning signs during pregnancy, stages of labor, pain management options, cesarean section, labor stations, mother and baby care, as well as a virtual tour of our beautiful birthing center. We also provide a Breastfeeding Class. Breastfeeding education has been shown to increase initiation and longevity of breastfeeding. These classes are free to those choosing to deliver with Grand Lake Health Care System. We are here to meet your needs!

| Saturday Childbirth Classes: 8:30am to 3 pm | |
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| January 11 | June 28 |
| February 22 | August 16 |
| April 5 | September 20 |
| May 17 | November 1 |

| Breastfeeding Class 7 pm to 9 pm | |
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| January 15 | August 4 |
| March 13 | September 17 |
| April 23 | October 29 |
| June 12 | December 3 |

**Call the Birthing Center at 419-394-3335 Ext 2419 to sign up
for the classes.**

**You can also email at OBeducation@jtdmh.org. Please include
your name, Due Date and what class you are signing up for.**

You will receive a reply within 2-3 weeks.

***Sign up early; Class dates can change & are based on demand**