GRAND LAKE™ HEALTH SYSTEM

2027
Childbirth Education Class Schedule
All Classes are Held in the Grand Lake Medical Office Building Conference Room

We are honored that you have chosen the GLHS Birthing Center to help bring your baby into this world. To help prepare for your new arrival, we offer a Saturday Childbirth 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 offer 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 System.

Saturday Childbirth Classes: 8:30am to 3 pm	
January 16	July 10
March 20	September 25
May 22	December 4

Breastfeeding Class 7 pm to 9 pm	
February 24	August 25
May 19	Nov 10

Please use the QR code to sign up for all classes.

Any questions, call The Birthing Center at (419) 394-3335 Ext: 2419. You may also email OBeducation@jtdmh.org and will receive a reply within 2-3 weeks.

Sign up early. Class dates can change and are based on demand

https://signup.com/go/OyXrcsh