



WOMEN'S HEALTH

Your OB/GYN will assist you with some of the most important health concerns of your life, including childbirth or menopause concerns.

These are often very personal issues, so it is important to find a gynecologist you trust—someone with whom you feel comfortable. Women often find the right physician by getting a referral from a friend or from their primary care physician.

Often, your primary care physician can perform some of the important screening procedures, but will offer good referral information if a specialist is needed.

At McLaren our women's health team and family medicine physicians are your personal advocates, ready with the medical support you need to



THUMB REGION

1100 S. Van Dyke Rd.
Bad Axe, MI 48413
(989) 269-9521
mclaren.org/thumb

CHILDBIRTH EDUCATION



THUMB REGION

WHO SHOULD REGISTER?

Any expectant mother who wants to learn more about childbirth.

WHY SHOULD I TAKE THE CLASS?

Being prepared in the labor and delivery process gives a woman confidence in her ability to give birth. It helps to reduce fear by increasing a woman's knowledge. The support person also learns to help the mother during the birthing process. These classes will enhance your opportunity as new parents to experience the joy of childbirth together, thereby increasing the bond between you and your new baby.

HOW MUCH DO CLASSES COST?

The series of 3 classes costs \$30.00 and is taught by either a certified lactation consultant or childbirth educator from McLaren Thumb Region.

WHERE AND WHEN ARE CLASSES HELD?

Classes are held at McLaren Thumb Region in the Distance Learning Center on Tuesday evenings from 6:00 pm to 8:00 pm. Any cancellations due to inclement weather will be communicated via text message.

CLASS SERIES INCLUDES INFORMATION ON:

- Nutrition and Healthy Lifestyle
- Anatomy, Physiology and Terminology of Pregnancy
- Labor and Delivery Process
- True Versus False Labor
- Warning Signs in Pregnancy
- Role of the Support Person
- Relaxation Techniques
- Stages of Labor
- Pain Management
- Postpartum Care
- Breastfeeding

CHOOSE A CLASS SERIES

Each series of classes will be held bimonthly. All classes are on Tuesday evenings from 6:00 pm – 8:00 pm. The same content will be covered in all class series.

- 01/07, 01/21 and 01/28
- 03/04, 03/11 and 03/18
- 05/13, 05/20 and 05/27
- 07/08, 07/15 and 07/22
- 09/09, 09/16 and 09/23
- 11/11, 11/18 and 11/25

Name	
Address	
City/Zip	
Home Phone	
Work/Cell Phone	
Due Date	
Doctor's Name	
Who will be taking the class with you?	
Is this your first baby?	

Please detach & mail form with the registration fee of \$30 to:
McLaren Thumb Region

