

OB CARE CLOSE TO HOME

Sanford Health Vermillion Clinic

PHYSICIAN LED **CHILDBIRTH PREPARATION CLASSES**

Birthing with Confidence

Designed to prepare you and your partner for the birth of your baby. This class provides information on the labor process, pain management and birth options. A tour of the birthing suite is included.

Fee: Free

Class time: 6-8 p.m.

Date: Thursday, January 10, 2019

Breastfeeding Preparation

Informative class on the breastfeeding process, the benefits, tips to get started along with tips on treating common breastfeeding challenge.

Fee: Free

Class time: 6-8 p.m.

Date: Thursday, January 17, 2019

Baby Boot camp: All Day Saturday

This class is designed to prepare you and your partner for the birth of your baby. Includes Birthing with Confidence and Breastfeeding Preparation.

Fee: Free

Class time: 9 a.m.-3 p.m.

Date: Saturday, February 23, 2019

All classes include necessary materials, snacks and water.

Register with your Sanford Vermillion clinic nurse or send information to:
Karen.Sorensen@sanfordhealth.org
(name, address, email, phone, due date)

Location:

Sanford Vermillion, 20 S Plum St
Lower Level, Conference Room A



BE STRONG. BE HEALTHY. BE YOU.

SANFORD
WOMEN'S