



FREMONT MEDICAL CENTER
Childbirth Classes
 2010



Breastfeeding
How and Why To!

Wednesday
 6:30pm-8:30pm

February 17
 April 14
 June 16
 August 18
 October 20
 December 15

*Raffle at the end
 of each class*

**Maternity
 Department
 Tours**

Thursday 7pm
No Registration Required

January 21
 March 18
 May 20
 July 22
 September 23
 November 18

**Childbirth
 Preparation**

*"What to Expect
 When You're Expecting
 at Fremont"*
Saturday 9am-3pm

January 16
 March 20
 May 22
 July 24
 September 25
 November 20

*Raffle at the end
 of each class*

Lifesaver Baby
Infant CPR and Choking

Wednesday 7pm-9pm

January 13
 July 7

March 10
 September 8

May 12
 November 10

Raffle at the end of each class

The Fremont Medical Center Auxiliary has a gift for all mothers-to-be who attend the tour!

A support person is encouraged to attend all classes!

Classes and tours will be held in the Conference Center - 989 Plumas Street
 (across from Fremont Medical Center)

For more information, contact the Labor & Delivery Department

Please call to register for any of the classes
 (Classes fill up quickly, so please call early)

751-4165

