



Women & Infant Services at Fremont Medical Center

Childbirth Classes 2012

Parents-to-be are invited to attend free Childbirth classes, sponsored by the Fremont Medical Center Perinatal Department, and is part of the Fremont-Rideout Health Group Community Education Program.

Childbirth Preparation

“What to Expect When You’re Expecting” at Fremont

Saturday, 9am-3pm

January 21
March 17
May 19
July 21
September 22
November 17

Raffle at end of each class.

Lifesaver Baby

Infant CPR and Choking

Wednesday, 7-9pm

January 11
March 7
May 9
July 11
September 5
November 7

Raffle at end of each class.

Breastfeeding

How to and Why to?

Wednesday, 6-8pm

February 15
April 11
June 13
August 15
October 17
December 12

Raffle at end of each class.

Maternity Department Tours - Women & Infant Services at Fremont

No Registration Required - Thursday, 7-9PM

January 19 • March 15 • May 17 • July 19 • September 20 • November 15

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 Fremont-Rideout 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. Call early as classes fill quickly: **751-4165**



For all of you. For all of your life.