

## Childbirth Preparation

Presented by SGHS-Camden Campus  
2008

- Dates: Thursdays, January 10 - January 31  
Thursdays, February 28 – March 20  
Tuesdays, March 18 – April 15  
Thursdays, April 17 – May 8  
Tuesdays, May 6 – June 3  
Thursdays, June 5 – June 26  
Tuesdays, June 24 – July 22  
Thursdays, July 24 – August 14  
Tuesdays, August 12 – September 9  
Thursdays, September 11 – October 2  
Thursdays, November 18 – December 16
- Time: 6:00pm to 8:00pm
- Location: Cafeteria Board Room (subject to change)  
Camden Campus  
St. Mary's, GA
- Contact: 912-576-6240
- Instructors: Christy Nichols, RN (Thursday)  
Abbie Cumming, RN (Tuesday)
- Cost/Fee: \$35
- Description: This is a four or five week series (the four week course meets on Thursdays and the five week course meets on Tuesdays) and covers what to expect during your childbirth experience.

- Labor and delivery process
- Relaxation/breathing techniques
- Pain relief
- Caesarean births
- Bottle/breastfeeding
- Newborn care

It includes a tour of the OB unit. The expectant father or support person is encouraged to attend. Class size is limited and fills quickly, so please register by your seventh month. If financial help is needed, please tell the clerk when registering.