

FOR IMMEDIATE RELEASE

Date: March 8, 2011

LAMAZE CLASSES OFFERED

New and experienced parents are invited to register for Memorial Hospital's Stork Station's Lamaze childbirth education classes. The classes begin at 7 p.m. on April 5 in the Conklin Conference Room at Memorial Hospital, 511 NE 10th, Abilene. Additional meeting times will be determined by those registered. All schedules are welcome.

To register, contact Memorial Hospital's central scheduling office at 263-6660 and provide your name, address, and phone number. The classes are offered free to anyone delivering at Memorial Hospital. For all others the class fee is \$50.

The classes offer information on the physical and emotional changes of pregnancy, stages of labor, and relaxation and breathing techniques. Topics covered will include Understanding Pregnancy, Understanding Labor, The Birth Sequence, Comfort Techniques, Intervention, Cesarean-section Birth, Newborn, and Understanding Post Partum. Susan Jantz, RN, and Jessica Kramer, RN, will teach the classes. Susan is a Lamaze Certified Childbirth Educator, and has taught childbirth education classes for many years. Jessica will lead the infant CPR section.

Classes are informal. Participants are encouraged to dress comfortably and attend with a supportive partner. Sibling Classes and Refresher Classes are also available.