

2017 Prenatal Education Class Schedule

SATURDAY CHILDBIRTH SERIES

FREE • 9:30 a.m. - 4 p.m.

Classes held in the Diagnostic Surgery Center Lobby

Join our childbirth expert as she shares information on the signs and symptoms of labor, labor progression, childbirth techniques and feeding options. A tour of the labor and delivery unit will also be provided.

- Jan. 21
- Feb. 18
- March 18
- April 22
- May 20
- June 24
- July 15
- Aug. 19
- Sept. 16
- Oct. 14
- Nov. 18
- Dec. 16

Please plan to bring snacks & drinks. Vending machines available.

TO REGISTER CALL 918.342.6762

CLASS DATES SUBJECT TO CHANGE WITHOUT NOTICE

To sign up or learn more about the Helmerich Women's Center Labor of Love program, visit LaborofLoveOK.com, call 918.579.8085 (select option 3) or email LaborofLove@Hillcrest.com.

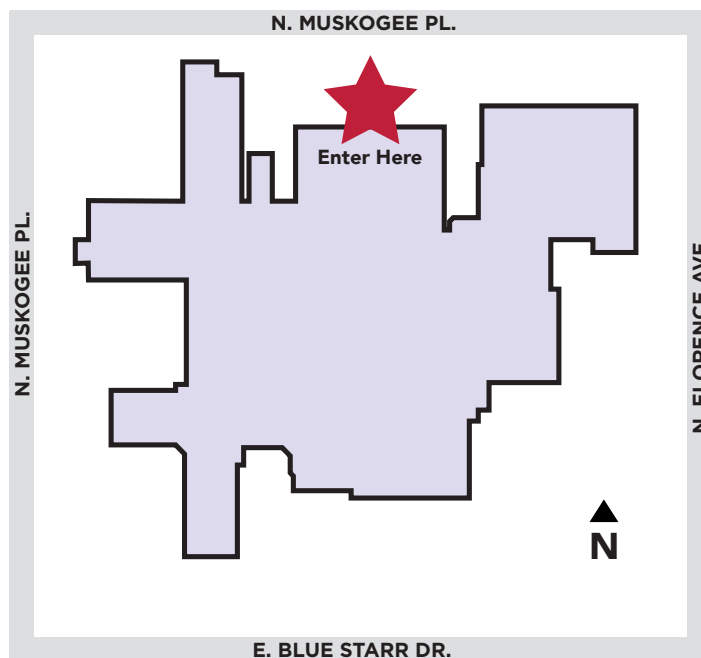


1202 N. Muskogee Pl. • Claremore, OK 74017

Breastfeeding Class Schedule

Topics include: benefits of breastfeeding, breastfeeding basics and positions, baby's feeding patterns and cues, challenges and solutions, expressing/storing milk and weaning.

This course is offered on the 3rd Tuesday of every month starting Feb. 21, 2017, from 7 p.m. - 9 p.m.



PEGGY V. HELMERICH
 **Women's Health Center**
@ HILLCREST CLAREMORE

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