



# Childbirth Education Classes

**Cassia Regional Hospital invites & your support person to join our Childbirth Education Classes**  
**Classes are *once a week over 6 weeks on Tuesdays from 7-9pm,***  
**or a *one time Saturday class from 9am-4pm.***  
**Cost: \$50.00-scholarships available if needed**  
**Class Location: Cassia Regional Hospital, Suite J**

## DISCUSSION TOPICS

- Labor support
- Tour of the Birth Center
- Pain management options
- After delivery care
- Infant CPR
- Newborn care
- Breastfeeding
- Stages of labor & delivery
- Breathing, relaxation, natural delivery, & hypnobirthing resources
- Information on C-sections & Assisted deliveries

## REGISTRATION

There are 3 ways to Register:

1. Online at [cassiaregionalhospital.com/classes](http://cassiaregionalhospital.com/classes) (pay with credit card)
2. In person at the front desk/registration at Cassia Regional Hospital (pay with check, cash, credit card)

Complete the contact information and select the dates you would like to attend classes.

Name \_\_\_\_\_

Phone # \_\_\_\_\_ Amount Paid \_\_\_\_\_ Date paid \_\_\_\_\_

Physician \_\_\_\_\_ Due Date \_\_\_\_\_

- Saturday, August 3, 2019
- August 20- September 24, 2019
- Saturday, October 12, 2019
- November 5- December 10, 2019
- Saturday, January 18, 2020
- February 4-March 10, 2020
- Saturday, April 18, 2020
- April 28-June 2, 2020

(Please keep this portion for your records with receipt of payment for class)

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(Education Instructor Copy with receipt of payment)

Name \_\_\_\_\_

Phone # \_\_\_\_\_ Amount Paid \_\_\_\_\_ Date paid \_\_\_\_\_

Physician \_\_\_\_\_ Due Date \_\_\_\_\_

Questions or concerns regarding classes: please call 208-677-6446

(To access Suite J, park in the front of the hospital and enter the main hospital entrance, turn right, and Suite J will be all the way near the end of that hallway on the right, across from the drinking fountains).