

**Tuesday, April 16**

- Prenatal Class - Labor Experience - 6:00pm

**Wednesday, April 17**

- Prenatal Class - Infant Care - 6:00pm
- Orthopedic Treatments for Hip and Knee Pain - 6:00pm

**Thursday, April 18**

- Prenatal Class - Breastfeeding - 6:00pm
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**Prenatal Class - Labor Experience**

**Time:** 6:00pm

Join us on a journey of the labor experience. This class will make sure you have a clear understanding of what is included in your labor experience at Southwestern Medical Center and what to expect. This class will be sure to calm the nerves of this often unknown, life-changing experience.

This class is \$20 and is payable upon arrival. Cash and check only are accepted.

For more information, please call 580.531.4726.

**Prenatal Class - Infant Care**

**Time:** 6:00pm

Ensure you have all the tools you need when you take your precious bundle of joy home. This class is all-inclusive and will teach you how to care for your newborn after you leave the hospital.

This class is \$20 and is payable upon arrival. Cash and check only are accepted.

For more information, please call 580.531.4726.

**Orthopedic Treatments for Hip and Knee Pain**

**Time:** 6:00pm

Join Dr. Danny W. Giles for an informative discussion on the common causes of hip and knee pain and discover treatments to help improve your quality of life.

This is a FREE seminar and open to the public. Seating is limited. Reservations are required.

**Prenatal Class - Breastfeeding**

**Time:** 6:00pm

Breastfeeding takes practice and this class will provide you the knowledge to be successful. Learn what is normal and reassuring and what is a possible warning sign. We will also cover resources available to help new mothers and their

babies throughout the breastfeeding journey.

This class is \$20 and is payable upon arrival. Cash and check only are accepted.

For more information, please call 580.531.4726.