

# Bump and Beyond Prepared Childbirth classes

*The information you need from experts you trust*

## 2022 classes:

### **Three-week evening class series (6-8:30 p.m.)**

- Jan. 10, 17 & 24
- March 7, 14 & 21
- May 2, 9 & 6
- July 11, 18 & 25
- Sept. 12, 19 & 26

### **Weekend express series**

**(Friday, 6-8:30 p.m./Saturday, 8 a.m.-noon):**

- Feb. 4 & 5
- April 8 & 9
- June 3 & 4
- Aug. 5 & 6
- Oct. 14 & 15
- Nov. 11 & 12
- Dec. 2 & 3

Classes are held in Columbus Community Hospital's first-floor conference center.

Each series of classes costs \$30 per couple. Payment in the form of cash or check will be collected at the time of the event. Only one registration is needed per couple, and Spanish interpreters are available upon request. Special requests for class times are based on availability of instructors. Please contact maternal child health at 402-562-3266 and ask for Stephanie Hartman, Kim Wiese, Heidi Abbott or Megan Vopalensky.

Navigating the world of pregnancy, childbirth and newborn care can be overwhelming. In today's world, there are many sources you can turn to for advice. But we recommend you turn to us — the experts.

Columbus Community Hospital's certified childbirth educators teach Bump and Beyond Prepared Childbirth classes, which give first-time and experienced parents the latest information on:

- The third trimester of pregnancy.
- The labor process.
- Comfort techniques.
- Medical procedures.
- Pain relief options.
- Cesareans.
- Postpartum care, including recognizing the signs of postpartum depression.
- Newborn care.
- Breastfeeding, and more.

**To learn more or to register, call 402-562-3266, or register online at [www.columbushosp.org](http://www.columbushosp.org).**