

pressure of 250 MM, which is within the recommended safe pressure level.

2017

Childbirth Class Schedule

2017

NEW HANOVER COUNTY HEALTH DEPARTMENT "AUDITORIUM"

2029 South 17th Street, Wilmington, NC 28401

MUST CONTACT PUBLIC HEALTH STAFF TO PRE-REGISTER >>>>> 910-798-6633

- CLASS 1 Labor Overview, Exercise, Comfort Measures
- CLASS 2 Stages of Labor, Breathing, Hospital Plans
- CLASS 3 Medical Intervention, C-Section, Pain Management
- CLASS 4 Breastfeeding
- CLASS 5 Postpartum/Newborn Care, *Schedule Tour through NHRMC hospital website*

Refer to session list below for class time. Please arrive 15 minutes early to register
Bring a pillow & blanket or exercise mat to first two classes (Optional)

| TUESDAY | | | | |
|---------|---------|----|-------------|-------------------|
| Class 1 | January | 3 | HEALTH DEPT | 5:45 pm - 7:45 pm |
| Class 2 | January | 10 | HEALTH DEPT | 5:45 pm - 7:45 pm |
| Class 3 | January | 17 | HEALTH DEPT | 5:45 pm - 7:45 pm |
| Class 4 | January | 24 | HEALTH DEPT | 5:45 pm - 7:45 pm |
| Class 5 | January | 31 | HEALTH DEPT | 5:45 pm - 7:45 pm |

| WEDNESDAY | | | | |
|-----------|------|----|-------------|-------------------|
| Class 1 | June | 28 | HEALTH DEPT | 1:00 pm - 3:00 pm |
| Class 2 | July | 5 | HEALTH DEPT | 1:00 pm - 3:00 pm |
| Class 3 | July | 12 | HEALTH DEPT | 1:00 pm - 3:00 pm |
| Class 4 | July | 19 | HEALTH DEPT | 1:00 pm - 3:00 pm |
| Class 5 | July | 26 | HEALTH DEPT | 1:00 pm - 3:00 pm |

| WEDNESDAY | | | | |
|-----------|----------|----|-------------|-------------------|
| Class 1 | February | 15 | HEALTH DEPT | 1:00 pm - 3:00 pm |
| Class 2 | February | 22 | HEALTH DEPT | 1:00 pm - 3:00 pm |
| Class 3 | March | 1 | HEALTH DEPT | 1:00 pm - 3:00 pm |
| Class 4 | March | 8 | HEALTH DEPT | 1:00 pm - 3:00 pm |
| Class 5 | March | 15 | HEALTH DEPT | 1:00 pm - 3:00 pm |

| TUESDAY | | | | |
|---------|-----------|----|-------------|-------------------|
| Class 1 | August | 15 | HEALTH DEPT | 5:45 pm - 7:45 pm |
| Class 2 | August | 22 | HEALTH DEPT | 5:45 pm - 7:45 pm |
| Class 3 | August | 29 | HEALTH DEPT | 5:45 pm - 7:45 pm |
| Class 4 | September | 5 | HEALTH DEPT | 5:45 pm - 7:45 pm |
| Class 5 | September | 12 | HEALTH DEPT | 5:45 pm - 7:45 pm |

| FRIDAY | | | | |
|---------|-------|----|-------------|---------------------|
| Class 1 | March | 31 | HEALTH DEPT | 10:00 am - 12:00 pm |
| Class 2 | April | 7 | HEALTH DEPT | 10:00 am - 12:00 pm |
| Class 3 | April | 21 | HEALTH DEPT | 10:00 am - 12:00 pm |
| Class 4 | April | 28 | HEALTH DEPT | 10:00 am - 12:00 pm |
| Class 5 | May | 5 | HEALTH DEPT | 10:00 am - 12:00 pm |

| WEDNESDAY | | | | |
|-----------|-----------|----|-------------|-------------------|
| Class 1 | September | 27 | HEALTH DEPT | 1:00 pm - 3:00 pm |
| Class 2 | October | 4 | HEALTH DEPT | 1:00 pm - 3:00 pm |
| Class 3 | October | 11 | HEALTH DEPT | 1:00 pm - 3:00 pm |
| Class 4 | October | 18 | HEALTH DEPT | 1:00 pm - 3:00 pm |
| Class 5 | October | 25 | HEALTH DEPT | 1:00 pm - 3:00 pm |

| TUESDAY | | | | |
|---------|------|----|-------------|-------------------|
| Class 1 | May | 16 | HEALTH DEPT | 5:45 pm - 7:45 pm |
| Class 2 | May | 23 | HEALTH DEPT | 5:45 pm - 7:45 pm |
| Class 3 | May | 30 | HEALTH DEPT | 5:45 pm - 7:45 pm |
| Class 4 | June | 6 | HEALTH DEPT | 5:45 pm - 7:45 pm |
| Class 5 | June | 13 | HEALTH DEPT | 5:45 pm - 7:45 pm |

| TUESDAY | | | | |
|---------|----------|----|-------------|-------------------|
| Class 1 | November | 7 | HEALTH DEPT | 5:45 pm - 7:45 pm |
| Class 2 | November | 14 | HEALTH DEPT | 5:45 pm - 7:45 pm |
| Class 3 | November | 21 | HEALTH DEPT | 5:45 pm - 7:45 pm |
| Class 4 | November | 28 | HD TFW ROOM | 5:45 pm - 7:45 pm |
| Class 5 | December | 5 | HEALTH DEPT | 5:45 pm - 7:45 pm |

PLEASE NOTE:

Classes are held in the Health Department AUDITORIUM unless otherwise posted

*A virtual tour is given with these classes. If you would like to schedule an in-person tour of the Betty Cameron Women's and Children's Hospital, information can be found at NHRMC.org (click women and children on right, then birth place on left, then click schedule tour)

PLEASE CALL IN ADVANCE TO REGISTER, SPACE IS LIMITED.