

2018

Childbirth Class Schedule

2018

NEW HANOVER COUNTY HEALTH DEPARTMENT
2029 South 17th Street, Wilmington, NC 28401

MUST CONTACT PUBLIC HEALTH STAFF TO PRE-REGISTER: 9 1 0 - 7 9 8 - 6 6 3 3

- 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 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)

Class 1	January	10	HEALTH DEPT	1:00 pm - 3:00 pm
Class 2	January	17	HEALTH DEPT	1:00 pm - 3:00 pm
Class 3	January	24	HEALTH DEPT	1:00 pm - 3:00 pm
Class 4	January	31	HEALTH DEPT	1:00 pm - 3:00 pm
Class 5	February	7	HEALTH DEPT	1:00 pm - 3:00 pm

Class 1	July	11	HEALTH DEPT	1:00 pm - 3:00 pm
Class 2	July	18	HEALTH DEPT	1:00 pm - 3:00 pm
Class 3	July	25	HEALTH DEPT	1:00 pm - 3:00 pm
Class 4	August	1	HEALTH DEPT	1:00 pm - 3:00 pm
Class 5	August	8	HEALTH DEPT	1:00 pm - 3:00 pm

Class 1	February	20	HEALTH DEPT	5:45 pm - 7:45 pm
Class 2	February	27	HEALTH DEPT	5:45 pm - 7:45 pm
Class 3	March	6	HEALTH DEPT	5:45 pm - 7:45 pm
Class 4	March	13	HEALTH DEPT	5:45 pm - 7:45 pm
Class 5	March	20	HEALTH DEPT	5:45 pm - 7:45 pm

Class 1	August	21	HEALTH DEPT	5:45 pm - 7:45 pm
Class 2	August	28	HEALTH DEPT	5:45 pm - 7:45 pm
Class 3	September	4	HEALTH DEPT	5:45 pm - 7:45 pm
Class 4	September	11	HEALTH DEPT	5:45 pm - 7:45 pm
Class 5	September	18	HEALTH DEPT	5:45 pm - 7:45 pm

Class 1	April	18	HEALTH DEPT	1:00 pm - 3:00 pm
Class 2	April	25	HEALTH DEPT	1:00 pm - 3:00 pm
Class 3	May	2	HEALTH DEPT	1:00 pm - 3:00 pm
Class 4	May	9	HEALTH DEPT	1:00 pm - 3:00 pm
Class 5	May	16	HEALTH DEPT	1:00 pm - 3:00 pm

Class 1	October	17	HEALTH DEPT	1:00 pm - 3:00 pm
Class 2	October	24	HEALTH DEPT	1:00 pm - 3:00 pm
Class 3	October	31	HEALTH DEPT	1:00 pm - 3:00 pm
Class 4	November	7	HEALTH DEPT	1:00 pm - 3:00 pm
Class 5	November	14	HEALTH DEPT	1:00 pm - 3:00 pm

Class 1	May	29	HEALTH DEPT	5:45 pm - 7:45 pm
Class 2	June	5	HEALTH DEPT	5:45 pm - 7:45 pm
Class 3	June	12	HEALTH DEPT	5:45 pm - 7:45 pm
Class 4	June	19	HEALTH DEPT	5:45 pm - 7:45 pm
Class 5	June	26	HEALTH DEPT	5:45 pm - 7:45 pm

Additional Breast Feeding Class Offered				
	DECEMBER	18	HEALTH DEPT	5:45 pm - 7:45 pm

PLEASE NOTE:

SPACE IS LIMITED AND CLASSES FILL UP QUICKLY.

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 and Childrens hospital, information can be found at NHRMC.org, click women and children on right, then birth place on left, then click schedule tour.