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Livingston HealthCare Now Offering Prenatal Classes

Livingston HealthCare is now offering free prenatal classes for expecting families. The five-part series is taught by OB nurses and available quarterly.

“We are very excited to be able to offer this program to local families,” said Mary Boyd, OB Manager at Livingston Memorial Hospital. “We believe this is very valuable information for expecting parents.”

The classes provide information on what to expect during the birth experience and after giving birth. Guest speakers from various specialties cover topics such as options for pain management and pediatrics. At the final class, attendees tour the hospital. The class schedule includes:

- Class I – Basic labor and delivery
- Class II – Alternative options to customize the birth plan
- Class III – Newborns and postpartum
- Class IV – Breastfeeding
- Class V – Infant first aid and safety

The prenatal classes are the latest option for local expectant parents at Livingston HealthCare. “Every pregnancy—and every family—is unique,” said Dr. Genevieve Reid, OB/GYN. “We provide a birthing program that can be tailored to each family’s specific wishes. Starting with choice of providers, each family decides what’s right for them—from natural birthing to pain management options, education to family involvement—with the security of medical support along the way.”

Classes are offered on Tuesday evenings from 6:00 – 8:00 pm at 601 Robin Lane in the training room on the lower level. The first class of 2009 is currently underway and the next class will be offered in the spring. To register, or for more information, call 406-823-6433 or visit www.livingstonhealthcare.org.

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