

BIRTH BASICS

Join us for a free childbirth class to help you become better prepared for your hospital experience.

- A review of labor and birth, including all hospital procedures
- Tips for comfortable labor, including use of yoga positions and other relaxation measures
- Information regarding newborn feeding and care
- A complementary tour of the Catskill Regional Medical Center birthing unit

WHEN: Thursday, July 13, 2017
5:30 p.m. - 8:30 p.m.

WHERE: Board Room
Ambulatory Services
Building 2nd Floor

Catskill Regional Medical Center
68 Harris Bushville Road
Harris, NY 12701

THIS CLASS IS LED BY MATERNAL-INFANT SERVICES NETWORK INC.



Partners are encouraged to attend.

Expectant mothers and their partners should wear comfortable clothing and bring a mat or towel.

Registration is free. Register online at:

<https://misn-birth-basics-july13crmc.eventbrite.com>

Please register in advance, as class size is limited.

For more information or with any questions, please contact Stephanie Sosnowski at ssosnowski@misn-ny.org or 845-492-9027.



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