

Thursday, March 6

- Blood Donation: Trios Care Center at Southridge - 9:00am

Saturday, March 22

- Childbirth Preparation Class - 8:00am

Blood Donation: Trios Care Center at Southridge

Time: 9:00am

The American Red Cross and Trios Health are hosting a blood drive on Thursday, March 6th, 2025, from 9:00 AM - 2:00 PM at Trios Care Center at Southridge in the Lower-Level Conference Rooms A & A1.

Scheduled appointments are needed. Please search "trios" to find available appointments [here](#).

*If you are donating, please bring your drivers' license and if you can, complete the RapidPass the morning of the Blood Drive (must be done on the same day you are donating). RapidPass takes only a few minutes to fill it out, so if you can get it completed before your appointment then you will get through the process faster

RapidPass : <https://www.redcrossblood.org/donate-blood/manage-my-donations/rapidpass.html>*

Childbirth Preparation Class

Time: 8:00am

Taught by Trios Birth Center licensed providers, this course covers labor, pain management options, medical care/procedures, cesarean birth, birth stories, newborn care, and postpartum care. All classes are held in the birth center conference room at Trios Southridge Hospital.

Time: 8:00 am

NOTE: This 1-day class is 6-7 hours. (usually on Saturday or Sunday).

Please bring a lunch as there will be a lunch break.

The cost for this class is \$40 per couple. This comprehensive course is taught by Trios Family Birthing Center labor nurse, preparing you for what to expect in the hospital during your birth experience, including:

- Labor
- Pain management options
- Medical care/procedures
- Cesarean birth
- Birth stories
- Newborn care
- Postpartum care

Please email Education@trioshealth.org or call [509.221.5119](tel:509.221.5119) to register and pay for all classes.

We accept Discover, Mastercard and Visa for credit card payments.

Cancellation & Refund Policies

By registering for the class, participants acknowledge full understanding and agreement with the cancellation/refund/class

transfer policy as outlined below.

Cancellation/Refund Policy:

Class may be cancelled for any reason 7 days prior to class date for a refund of class fees. Please note a \$15 processing fee will be assessed for each cancelled transaction.

Full refunds are given when classes are cancelled by the instructor due to insufficient enrollment, overbooked enrollment or inclement weather.

Class Transfer Policy:

We will be happy to accommodate class transfer requests at least 2 business days prior to the class date.