

Wednesday, December 4

- Breastfeeding Class - 6:00pm

Saturday, December 14

- Childbirth Preparation Class - 8:00am

Breastfeeding Class

Time: 6:00pm

This class, taught by a specialized lactation consultant, is designed for expectant mothers and their support person, and is highly beneficial for first-time moms or those with previous breastfeeding difficulties. **Please email Education@trioshealth.org or call [509.221.5119](tel:509.221.5119) to register and pay for all classes.**

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.

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

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

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