

## 2015 Childbirth Education Classes

**Come to class and learn ways to prepare yourself, your partner and your baby for labor and delivery.**

You'll also learn some useful information on breastfeeding, car seats and what community resources are available to help you and your family.

If you're interested, leave a message with your name and telephone number at 285-2058. This is a voice mail; your call will be returned.

Classes are held once a week on Wednesday for four week sessions. Time is 6:00 pm to 9:00 pm in the Community Education Room. (Enter main doors of the hospital, first door on your left.) The total fee is \$25.00 for yourself and your partner/support person to attend all four classes. Scholarships are available.

Class dates are as follows:

January 7 – 28, 2015

May 6 – 27, 2015

September 9 – 30, 2015

March 4 – 25, 2015

July 8 – 29, 2015

November 4 – 25, 2015

Your certified childbirth educators are Elizabeth A. Barnes, RN, CCE, C-EFM, and Brooke Lee, RN, CCE, C-EFM.

**Visit us today at [stmhospital.org/birth](http://stmhospital.org/birth) and learn why having your baby at St. Thomas More will be the special experience you expect, when you're expecting.**



INSPIRE HEALTH

*The Birth Center*  
St. Thomas More Hospital

 Centura Health.

1338 Phay Avenue  
Canon City, CO 81212  
Phone: 719-285-2043  
[stmhospital.org/birth](http://stmhospital.org/birth)