This class will provide you with valuable information and skills to help you prepare for childbirth. The program prepares the expectant mother and father or support person for the last trimester of pregnancy, labor and birth of your baby. You will also learn possible complications of pregnancy, pain management, postpartum and newborn care, and breastfeeding basics. It is recommended that classes be taken in the last trimester of your pregnancy. Classes are available in both Olean and Bradford. Private tours of Olean General Hospital’s OB Department are available by calling (716) 375-6294.

2020 SCHEDULE

**Olean**

- January 11th
- May 9th
- September 12th

**Bradford**

- February 11th
- June 16th
- October 13th

**Olean**

- March 14th
- July 11th
- November 7th

**Bradford**

- April 7th
- August 4th
- December 8th

Classes are located in the Education Center. On the 1st floor from 8am-4pm

Classes are held in Education Center Room B. 3rd floor East wing of hospital from 5pm-9pm

To register for a class or to receive additional information, call the OB/GYN department at Olean General Hospital (716) 375-6330. Please bring your insurance card.