

# CHILDBIRTH & BREASTFEEDING CLASSES



Olean General Hospital's Prepared Childbirth Education and Breastfeeding classes are each a one-day class that are designed to provide education on the birthing process, what to expect when you come in to have your baby, events and procedures that may take place during your labor and delivery experience as well as breastfeeding basics needed to get you and your baby off to a healthy start. The program's goal is to not only educate you and your support person, but also provide an opportunity to ask questions and connect with other first time moms-to-be just like you! It is recommended that new parents enroll around the 30th week of pregnancy. Participants should bring a bottle of water and their insurance card with them to class. Best wishes for a happy and healthy pregnancy!

## 2019 SCHEDULE

### CHILDBIRTH CLASS

**8 am - 4 pm**

January 5

March 2

May 11

July 6

September 14

\*November 9

### BREASTFEEDING CLASS

**5:15 pm - 7 pm**

January 9

March 6

May 1

July 10

September 18

November 13

***Classes are open to the community!***

Classes are held in the OGH Education Center

(\*) dates are classes that will be held in Classroom 4 in the cafeteria.

To register or receive additional information call the OB/GYN department (716) 375-6330.

You can also email [preparedchildbirth@ogh.org](mailto:preparedchildbirth@ogh.org) with your name, the date you wish to attend, your phone number, your due date, your provider's name, and your class partners name.



**Olean General Hospital**

A Kaleida Health Facility

[www.ogh.org](http://www.ogh.org) • 716.373.2600