



Salina Regional Health Center

2011

Childbirth Classes

Learn the basics of prepared childbirth from the comfort of your own home with your very own copy of “The Gift of Motherhood” DVD or video. Then join other women and their partners for either two evenings from 6:30 p.m. to 9:00 p.m. or on Saturday from 9:00 a.m. to 2:00 p.m. to answer questions you have and to learn comfort skills for labor and birth including breathing and relaxation. Basic newborn care will also be covered along with a tour of the Birth Center. Cost for the childbirth course including the DVD or VHS tape is \$55.

Childbirth classes are held in the conference room on the birth center. The Birth Center is located on the 6th floor of the new tower.

Two Day class dates: Time 6:30 p.m. – 9:00 p.m.

January 17 & 24

February 21 & 28

April 18 & 25

June 13 & 20

July 18 & 25

September 5 & 12

October 10 & 17

Saturday class dates: Time 9:00 a.m. – 2:00 p.m.

January 8

March 26

April 9

July 9

August 27

September 17

November 12

Infant Feeding Classes

A certified lactation consultant offers a breastfeeding class in the evening from 7:00 to 9:00 p.m. or on Saturday from 9:00 to 11:00 a.m. If you are planning to deliver at SRHC the class is free. If delivery is not planned at SRHC the cost is \$15. Infant feeding classes are held in the conference room on the Birth Center. The Birth Center is located on the 6th floor of the new tower.

Class dates: Time 7:00 p.m. – 9:00 p.m.

January 3

April 4

June 6

September 19

November 14

Saturday class dates: Time 9:00 a.m. – 11:00 a.m.

February 5

July 16

October 15

To register for any of these classes, call The Birth Center at (785) 452-4606.

You may also click the following link to go to www.srhc.com and print off registration form.