



# Saint Anthony's Women's Pavilion 2012 Prenatal Education

**Childbirth Preparation Course**  
5 week sessions; 7 to 9 p.m.

**Monday Evenings:**

January 9

July 23

**Includes C-section/Anesthesia, Infant Care and Breastfeeding instruction.**

**Childbirth: Fast Track\***  
1 day; 9 a.m. to 4 p.m.

**All-day Saturday Class:**

March 3

May 5

June 30

August 4

October 6

December 1

*\*Participants should register for separate C-section/Anesthesia, Breastfeeding, Infant Care classes.*

**C-section/Anesthesia Class**  
1 class; 7 to 9 p.m.

**Monday Evening:**

February 6

May 14

August 20

November 26

Complimentary gift when you take a free tour of the Women's Pavilion!

American Heart Association Family & Friends CPR included in Childbirth 5-week & Fast Track classes.

Ask about Play Pals Gym for siblings age 9 months to 3 years! Call 618-465-2264.

**Breastfeeding Class**  
1 class; 7 to 9 p.m.

**Monday Evening:**

February 13

August 27

December 3

**Infant Care Class**  
1 class; 7 to 9 p.m.

**Monday Evening:**

January 30

May 7

August 13

**All Prenatal Education classes are offered FREE when delivering at Saint Anthony's Women's Pavilion. To register for classes, or for more information, please call 618-465-BABY (618-465-2229).**



**SAINT ANTHONY'S**  
HEALTH CENTER