

Class Registration

Name _____

Address _____

City/State _____

Insurance _____

ID# _____

Phone _____

Email _____

Please check your interest for one or both of the following:

Prepared Childbirth class

Breastfeeding class

Call 716-376-2261 or email thenursepinky@yahoo.com, to register for all classes. Registration is required.

Paid Classes are non-refundable. Classes may be scheduled for a later date.



Julie Mincemoyer, LPN, CCE

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Olean Medical Group



**Childbirth
Education Class
and
Breastfeeding Class**



Phone: 716-376-2261
thenursepinky@yahoo.com



During the last 3 months of pregnancy, the Prepared Childbirth Class Series is highly recommended for its hands-on, and often, fun approach to dealing with labor, delivery, and recovery after birth. This series teaches comfort level and enhancing the birth experience. Birth preparation is discussed in detail for natural vaginal delivery, birth with an epidural, or cesarean birth.

Bring as many questions as you like - and don't forget to breathe.

Bottled water and a light snack are provided.

Prepared Childbirth Classes

This is a 3-week series of classes for prepared childbirth. The following will be covered:

- breathing exercises
- relaxation
- stages of labor
- pain management
- post-partum care
- baby care

You will also have the opportunity to meet pediatric providers.

Breastfeeding Education Class

Held the fourth week, and optional, "Breast is best" is a two hour class which includes the basics of breastfeeding, establishing milk supply, breastfeeding positioning, pumping and storage, problem solving, and expectations for nursing mothers.

Childbirth Classes: Each class series will be held 3 consecutive Tuesdays from 6:00 - 8:00 PM at the Olean Medical Group, Area E, 1st Floor

Cost: \$60 per series. (Most insurances cover these classes - do not pay when you register, we'll bill your insurance for you.) Paid Classes are non-refundable. Classes may be scheduled for a later date.

Register: By phone, call 716-376-2261, by mail with this form, or by email to thenursepink@yahoo.com



Breastfeeding Classes are free but you are encouraged to register.

Both classes are conducted in **AREA E, 1st Floor**, at Olean Medical Group. by **Julie Mincemoyer, LPN, CCE**