

Childbirth Class

Pregnancy is an exciting and joyful time, with some fear of the unknown. This class helps you understand the process of labor & delivery and prepare you for your baby. It is designed for the first-time parent or experienced parents interested in a review of the childbirth process.

Class Includes:

- Discomforts of pregnancy & body mechanics
 - Breathing exercises
 - Relaxation
 - Stages of Labor
- Comfort measures
- Pain management
- Cesarean delivery
- Postpartum care
- Newborn Procedures



Breastfeeding & Newborn Care

Breastfeeding is one of the most natural experiences, but often there is a desire and need for instruction.

Classes are recommended in the 3rd Trimester and are held at Olean General Hospital

Contact: Sarah Moyer to register and discuss upcoming dates @ 716-376-2251

Class Cost \$50/couple