

Childbirth Classes

by: **Upland Hills Health**
Birth Center

Learn relaxation exercises, hospital routines and the changes you can expect during all stages of your **pregnancy and delivery**, including postpartum and breastfeeding.

Class Topics:

- Pregnancy
- Labor and Delivery
- Comfort Techniques, including pain management options
- Medical Procedures
- Cesarean Births
- Birth Suites Tour

Location:

Upland Hills Health, 800 Compassion Way
Dodgeville, Wisconsin
Ask for the class location at the Main Entrance Desk

Class Dates:

September 19

November 7

December 12

All classes are 8:30 am – 2:00 pm

Classes will be confirmed one week prior to class.

Additional classes will be added throughout the year. Please call for updated class dates.

For information call:

608-930-7200 ext. 2000
uplandhillshealth.org



**SCAN ME
TO REGISTER**

