

**Tuesday, December 3**

- Prenatal Class - 6:00pm

**Wednesday, December 4**

- Breastfeeding (Lactation) Class - 6:30pm
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**Prenatal Class**

**Time:** 6:00pm

Childbirth, or commonly called Prenatal Class, teaches about the childbirth process, relaxation techniques, pain control and baby care. It is recommended for all new parents. Classes are offered every other month. The one night class is held at the hospital from 6-9:30 pm. Dinner is provided and a tour of Labor and Delivery is also included.

An RSVP is required. Call the OB & Nursery Team at 435.636.4828 or register online below.

**Breastfeeding (Lactation) Class**

**Time:** 6:30pm

Led by a certified lactation consultant, our Breastfeeding (lactation) Class is a great introduction for new or expecting mothers who would like information or support with breastfeeding. There is limited space, so we ask that only one support person be by your side. The class is held in the Castleview Hospital Boardroom. An RSVP is required - register online.

Call the OB & Nursery Team at 435.636.4828 for more information.