

Tuesday, February 4

- Prenatal Class - 6:00pm

Wednesday, February 5

- Breastfeeding (Lactation) Class - 6:30pm

Wednesday, February 26

- Heart Health Lunch & Learn - 12:00pm
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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.

Heart Health Lunch & Learn

Time: 12:00pm

February is Heart Health Month!

Join Katrina Richards, RN, chest pain & stroke coordinator and Dr. Paul Thayn (Hospitalist) for an informational discussion about how various factors affect your heart health.

They will share information on:

- Cardiac CT
- Diet
- Exercise
- Blood Pressure
- Cholesterol
- Weight Management

Lunch is provided. RSVP required.

Space is limited! Register today to save your seat.