



# Prenatal Education

The same Family Birth Center staff who provide care to mothers and babies also teach our Happy Prenatal, Childbirth 101 and Breast is Best classes. All three classes are free, and mothers who attend all three and deliver at Lake Regional receive a free car seat.

## Happy Prenatal

This free class teaches mothers in their first and second trimesters of pregnancy how to make healthy choices that will benefit them and their babies. Significant others also are encouraged to attend. The class is offered from 7 to 9 p.m. on the fourth Thursday of January, March, May, July, September and November at Lake Regional Hospital.

## Childbirth 101

This free class helps mothers and their coaches prepare for the birth experience. The class is divided into two parts: Part 1 is offered from 6 to 8:30 p.m. on the first Tuesday of the month, and Part 2 is offered from 6 to 8:30 p.m. on the second Tuesday of the month. Both take place at Lake Regional Hospital. Online registration is required.

## Breast is Best

In this free class, Lake Regional's board-certified lactation consultant explains the benefits of breast-feeding and provides moms with helpful tips. Significant others also are welcome to attend. The class is offered from 6 to 7 p.m. on the third Tuesday of February, April, June, August, October and December at Lake Regional Hospital.

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For more information or to register for a class, call **573-348-8244** or visit [www.lakeregional.com/events](http://www.lakeregional.com/events).

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