



Birth & Beyond

CHILDBIRTH CLASS



Wednesday nights

Nov. 20 & Dec. 4, 2024 6 - 8:30 p.m.

Coffey County Hospital Conference Room

**Register at (620) 364-2121 Ext. 4410 or
online by using the QR code.**



Enter through the Emergency Room entrance.
All parents and grandparents welcome!

Nurses Aubrea Baker and Casey Lyons and guest speakers will cover:

- Stages of labor
- Positions to help cope with labor
- Pain control
- Induction
- Breathing and relaxation techniques
- Support person's role
- Postpartum care
- Safe sleep
- Breastfeeding
- Infant and child CPR
- Infant choking
- And more!

Course materials are free.