

# Expecting?

*Expect great care at J.C. Blair!*

## J.C. Blair Prenatal Classes

- *Learn what to expect from labor and delivery*
- *NEW! Expanded breastfeeding component taught by International Board Certified Lactation Consultant*
- *Tour J.C. Blair's birthing suites*
- *Meet the nursing staff*
- *Recommended for women in their 7th month of pregnancy*



### 2013 CLASS SCHEDULE:

January 8 & 15  
February 12 & 19  
April 2 & 9  
May 7 & 14  
June 11 & 25  
July 16 & 23

*All classes will be held in the Maternity Classroom at J.C. Blair from 6:00 - 8:30 p.m.*

*Cost: \$25  
(unless Healthy Beginnings Program Participant)*



**JCBlair**   
MEMORIAL HOSPITAL

*To register, call:*

**(814)643-8839**

**Ask about car seat safety checks!**