

## Memorable Beginnings

AT OVIEDO MEDICAL CENTER

# CLASSES

OFFERED AT OVIEDO MEDICAL CENTER

### Childbirth: The Basics and Beyond

This one-day workshop consists of discussions and interactive exercises that cover the signs of labor, the normal progression of labor and birth, techniques for coping with pain, how your partner can help you during labor, and when to call your doctor or midwife. In addition, we will discuss some of the more common childbirth complications and how they might be handled. Attending this class also provides a great opportunity to meet other expectant parents. We will take a tour of our LDRP unit so you will be familiar with your surroundings on your big day!

**Class offered one Saturday a month, every other month.\***  
9:00 a.m. – 4:00 p.m.

### Breastfeeding 101

Learn basic skills for successful breastfeeding and feel more comfortable and confident once your baby arrives. We encourage the attendance of your support person at our informational breastfeeding class.

**Class offered one Monday a month, every other month.\***  
6:00 p.m. – 8 p.m.

### The A-B-C's of Newborn Care

Learn about what to expect in your first weeks home with baby, from newborn appearance to daily needs. This class will teach you how to comfort your crying infant, how to provide a safe home environment and how to interpret your infant's behaviors.

**Class offered one Saturday a month, every other month.\***  
9:00 a.m. – Noon

\*Check [OviedoMedicalCenter.com](http://OviedoMedicalCenter.com) or call (407) 890-2310 for upcoming class dates.

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**Class size is limited so reserve  
your space early.  
Call (407) 871-5634 to register.**



*Oviedo Medical Center provides a full range of healthcare services to east Seminole County and surrounding communities. Services include medical and surgical inpatient units, intensive care, medical cardiology, telemetry, inpatient and outpatient surgery, women's services including labor and delivery, cardiopulmonary services, cardiac catheterization, comprehensive diagnostic imaging and 24/7 emergency care.*

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Oviedo, FL 32765

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