



To Register

Email

Education@carolinaeasthealth.com

or

Call

252-633-8160

or

mail this registration form to

Education Dept.

2000 Neuse Blvd, New Bern, NC 28560



Classes for 2019

Basic Childbirth

Saturday Class, 9am - 4pm

Jan 12 Feb 09 Mar 09
Apr 13 May 11 Jun 08
Jul 13 Aug 10 Sept 14
Oct 12 Nov 09 Dec 14

Thursday Class 6pm—9pm

(2 Class Series)

- ◆ Jan 24, Jan 31
- ◆ Mar 28, Apr 4
- ◆ June 20, June 27
- ◆ Aug 22, Aug 29
- ◆ Oct 17, Oct 24

Breastfeeding Classes

Thursday Class, 6pm - 8pm

Jan 10 Feb 07 Mar 14
April 18 May 09 Jun 13
Jul 11 Aug 08 Sept 19
Oct 10 Nov 21 Dec 05

Infant CPR

Wednesday Class, 4pm - 6pm

Mar 20 Jun 19
Sept 18 Dec 18



Childbirth Education Programs



Cost: Free of Charge

What to Bring:

It's a good idea to bring a sweater and other comfort items that you may need during the class, i.e. a pillow. Light refreshments will be served.

Saturday Classes, lunch will be your own.

Location:

All Classes are located in the CarolinaEast Education Department.

Turn in the West Entrance onto Health Drive (sign for Minor Emergency).

Stay on this road passing the Monarch facility. At the stop sign take a left. You will see the blue awning that says "Education Department". The Class will be in the white building, in Classroom 1.

Parking:

You may park in front or behind the Education buildings.

Childbirth Education Programs 2019

Coastal Carolina's Choice

Basic Prepared Childbirth Classes:

Pregnancy is an exciting & joyful time, with some fear of the unknown. This class will help you understand the process of labor & delivery and prepare for your baby, no matter your birthing plan. Designed for the first time parent or for experienced parents who want a review of the childbirth process.

Newborn Baby Care is also included in the class. This is a fun & practical overview of care & safety.



Open House with tours are scheduled through Public Relations at 633-8154.

Breastfeeding Classes:

Breastfeeding is one of the most natural experiences but often there is a desire and need for instruction. This class will provide important information and helpful hints.



Infant CPR:

This class teaches family & friends the lifesaving skills of how to perform CPR and relieve choking in an infant.



Class Size is Limited

Early registration is recommended

Contact the
Education Department
education@carolinaeasthealth.com
252-633-8160

Registration

I would like to attend :

Basic Childbirth

Date (s) _____

Breastfeeding

Date _____

Infant CPR

Date _____

Name:

Phone # _____

Email address

Due Date _____

Support Person
