



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 2020

Basic Childbirth

Saturday Class, 9am - 4pm

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

Thursday Class, 6pm - 9pm

(2 Class Series)

- ◆ Jan 16, Jan 23
- ◆ Apr 23, Apr 30
- ◆ June 18, June 25
- ◆ July 16, July 23
- ◆ Aug 13, Aug 20
- ◆ Oct 22, Oct 29

Breastfeeding Classes

Thursday Class, 6pm - 8pm

Jan 09	Feb 13	Mar 12
Apr 09	May 14	Jun 11
Jul 09	Aug 06	Sept 10
Oct 08	Nov 12	Dec 10

Infant CPR

Wednesday Class, 4pm - 6pm

Mar 18	Jun 17
Sept 16	Dec 16



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. 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 2020

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
