

2020 DELIVERY LAND

# Prenatal Education

## Childbirth Education Series

This four-week course provides the knowledge, tools and support needed to have a positive birth experience. Topics include: labor, pain management, birth, postpartum, and infant care.

### JANUARY SERIES

1/7 • 1/14 • 1/21 • 1/28

### MARCH SERIES

3/3 • 3/10 • 3/17 • 3/24

### MAY SERIES

5/5 • 5/12 • 5/19 • 5/26

### JULY SERIES

7/7 • 7/14 • 7/21 • 7/28

### SEPTEMBER SERIES

9/8 • 9/15 • 9/22 • 9/29

### NOVEMBER SERIES

11/3 • 11/10 • 11/17 • 12/1

*All classes are from 6–8pm*

## Breastfeeding Class

This class is for pregnant women and their coach to provide an introduction to breastfeeding.

### SELECT TUESDAYS

February 4 • March 31 • June 2  
August 4 • October 6 • December 8

*All classes are from 6–8pm*

## Sign Up Today!

Registration is required. To RSVP, call (714) 953-4576 or (714) 953-2583, or visit [orangecountyglobalmedicalcenter.com/delivery-land/](http://orangecountyglobalmedicalcenter.com/delivery-land/)

*Classes are free if delivering at OCGMC.  
Classes are offered in English only.*



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