



WEST SHORE MEDICAL CENTER

Partnering with  MUNSON HEALTHCARE

EDUCATION FOR A GROWING FAMILY 2011 CLASSES



To register for classes, call West Shore Medical Center's Community Health line at **(231) 398-1414** or **1-800-968-9292, ext. 81414**.

All classes are held at the West Shore Education Center at West Shore Medical Center in Manistee.

Preparation for Labor and Delivery

Four-Week Series, \$40

Tuesdays, 7 - 9 pm

- Jan. 4, 11, 18, 25
- April 5, 12, 19, 26
- July 5, 12, 19, 26
- Oct. 4, 11, 18, 25

One-Day Class, \$40

Saturdays, Noon - 5:30 pm

- March 5, June 4, Sept. 10, or Dec. 10

Childbirth Instructor

Melody Wittlieff, LPN

Please bring two pillows and a blanket. Registration is recommended during the fifth month of pregnancy.

EDUCATION FOR A GROWING FAMILY 2011 CLASSES

The Art of Breastfeeding

No fee

Tuesdays, 7 - 9 pm

- Feb. 1
- March 8
- May 3
- June 7
- Aug. 2
- Sept. 13
- Nov. 1
- Dec. 13

Breast Feeding Consultant

Linda Holmes, BSN, RN, CLE

Breastfeeding provides the best nutrition for your baby and protects against infection.

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Other Childbirth Resources

- **Prenatal and postnatal exercise instruction**
Call West Shore Health Connection at (231) 398-1520.
- **Prenatal nutrition consultation**, including gestational diabetes
Call West Shore Medical Center's certified diabetes educator at (231) 398-1033.



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westshoremecenter.org NUROB52I Rev. 7/11/10

