



Birth Basics Express!

Garnet Health Medical Center is launching a new, VIRTUAL two-hour childbirth class to help expectant parents be better prepared for their hospital experience and the birth of their little one.

The class will offer:

- A review of labor and birth, including all hospital procedures, pain-relief options, stages of labor, medical interventions and more.
- Tips for comfortable labor positions, including the use of yoga positioning and relaxation techniques.
- Newborn- and postpartum-care information.

The class will be hosted by Stephanie Sosnowski, BS, IBCLC, ICCE, Lactation Consultant & Childbirth Educator at Garnet Health Medical Center.

Our class is being offered virtually!

To see a full list of meeting dates and times or to register, please visit garnethealth.org/events.

For more information about our Birth Basics Express class, please email GHMCLactationedgroup@garnethealth.org.