



Salina Regional Health Center

2010

Childbirth Classes

Learn the basics of prepared childbirth from the comfort of your own home with your very own copy of “The Gift of Motherhood” DVD or video. Then join other women and their partners for either two evenings from 6:30 p.m. to 9:00 p.m. or on Saturday from 9:00 a.m. to 2:00 p.m. to answer questions you have and to learn comfort skills for labor and birth including breathing and relaxation. Basic newborn care will also be covered along with a tour of the Birth Center. Cost for the childbirth course including the DVD or VHS tape is \$55.

Childbirth classes are held in the Braddick Building basement. The Braddick Building is located west of the Santa Fe Campus on the southwest corner of 7th and South Streets.

Two Day class dates: Time 6:30 p.m. – 9:00 p.m.

February 8 & 15

April 12 & 19

June 21 & 28

August 9 & 16

September 6 & 13

October 18 & 25

Saturday class dates: Time 9:00 a.m. – 2:00 p.m.

January 23

March 27

May 8

June 19

July 17

October 2

September 11

November 13

Breastfeeding Classes

A certified lactation consultant offers a breastfeeding class in the evening from 7:00 to 9:00 p.m. or on Saturday from 9:00 to 11:00 a.m. Cost is \$15. Breastfeeding classes are held in the Braddick Building in the basement. . The Braddick Building is located west of the Santa Fe Campus on the southwest corner of 7th and South Streets.

Class dates: Time 7:00 p.m. – 9:00 p.m.

January 11

April 5

May 17

July 12

October 4

November 15

Saturday class dates: Time 9:00 a.m. – 11:00 a.m.

February 27

August 28

To register for any of these classes, call The Birth Center at (785) 452-4606.

You may also click the following link to go to the [registration form](#) and print off registration form.