



Family Birthing Center Childbirth Classes 2019

Parents-to-be are invited to attend free Childbirth classes, sponsored by the Perinatal Department, and is part of the Adventist Health and Rideout Community Health Education Program.

Childbirth, Breastfeeding Preparation and Maternity Department Tour

“What to Expect When You’re Expecting”

Location:

Rideout Hospital - 1st Floor Conference Room
726 4th St., Marysville

Saturday, 9am-3pm

January 19	February 23
March 23	April 20
May 18	June 22
July 20	August 24
September 21	October 19
November 16	December 14

Raffle and maternity department tour at the end of each class.

Maternity Department Tours

Location:

Rideout Hospital, 726 4th St., Marysville

Thursdays, 7-9pm

February 21
April 11
June 13
August 15
October 10
December 12

A support person is encouraged to attend all classes!



Please register online at:

RideoutHealth.org/ChildbirthClass

or for questions call (530) 751-4165

AdventistHealthRideout.org