



# GRAND LAKE™

H E A L T H S Y S T E M

## Childbirth Education Class Schedule 2023

Welcome to the Grand Lake Health Care System. We are honored that you have chosen our Birthing Center to help bring your baby into this world. Our staff are compassionate, dedicated, and highly skilled, with the experience and caring attitude that you deserve. We are second to none in our commitment to serve you and your new family.

We offer a Saturday Class which will include topics such as warning signs during pregnancy, stages of labor, pain management options, cesarean section, labor stations, mother and baby care, as well as a tour of our beautiful birthing center. We also provide Breastfeeding Class. These classes are free to those choosing to deliver with Grand Lake Health Care System. We are here to meet your needs!

All Classes are held in the Grand Lake Medical Office Building:  
1140 S. Knoxville Ave., St Marys, OH 45885, Suite D Entrance (Conference Room).

<b>Saturday Childbirth Classes: 8:30am to 3 pm</b>	
January 21	July 22
March 11	September 9
April 29?	October 28
June 3?	December 9

<b>Breastfeeding Class 7 pm to 9 pm</b>	
January 3	June 13
February 7	August 1
March 21	September 19
May 2	November 7

**Call the Birthing Center at 419-394-3335 Ext 2419 to sign up.**  
**Classes are based on demand & class size limited.**  
**You can also email at [OBeducation@jtdmh.org](mailto:OBeducation@jtdmh.org).**  
**Please include your name, due date and class date you are interested in.**  
**You will receive a reply within 2-3 weeks.**