



Southwest Ob / Gyn Associates, L.L.P

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CHILDBIRTH EDUCATION PROGRAMS

(Memorial Hermann Health System)

In order to help in the preparation for your baby, we are providing you with information for birthing classes as well as other educational classes for you and your family. A variety of times and locations are offered for your convenience. In order to take complete advantage of this program, we suggest you call **713-222-CARE (2273)** or log on to www.memorialhermann.org/classes-events/ in your fourth month of pregnancy. You will be provided with more information and will be able to register for your chosen course(s) at that time.

PREPARED CHILDBIRTH

VAGINAL BIRTH AFTER CESAREAN SECTION (VBAC CLASS)

SIBLINGS

CHILDBIRTH REFRESHER CLASS

OB TOURS

BREASTFEEDING YOUR BABY

NEWBORN CARE CLASS

INFANT-CHILD CPR