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Immediate Release

LRHS offers educational classes for expecting mothers

La Porte, IN - La Porte Regional Health System (LRHS) is offering several educational classes next month for those expecting a child:

- The Childbirth Preparation three-week class provides information on what to expect during the labor and delivery process, what to expect during the hospital stay, basic infant care and relaxation and comfort tips. The three-week classes will be on Wednesdays, Jan 6, 13 and 20 or Wednesdays, March 3, 10 and 17 from 6:30 to 8:30 p.m. at La Porte Hospital. The class costs \$30 per couple.
- The Childbirth Preparation Saturday class provides the same information as the three-week classes but packs it into one session. The class will be on Saturday, Jan. 23, Feb. 20 or March 27 from 9 a.m. to 3 p.m. at La Porte Hospital. The class costs \$30 per couple.
- The Baby and Me Class provides helpful information on management of postpartum discomforts and basic infant care. Those interested may attend one of the sessions on Tuesday, Jan 5, Feb. 16 or March 30 from 6:30 to 8 p.m. at La Porte Hospital. The class costs \$10 per couple.
- The Breastfeeding Class offers a certified lactation consultant who teaches mothers various breastfeeding techniques including problem-solving skills. Those interested may attend one of the sessions on Tuesday, Jan. 12 or Feb. 23 from 6 to 9 p.m. at La Porte Hospital. The class costs \$15 per person.

All classes are held at La Porte Hospital, 1007 Lincolnway in La Porte. Mothers are encouraged to attend classes when they are at approximately 36 weeks into their pregnancy, wear comfortable clothes and bring an individual for support and encouragement.

Registration is required and class sizes are limited. For more information or to register, call (219) 326-2502 or visit www.laportehhealth.org.

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