

# Preparing for Childbirth

## with Lamaze

Being prepared gives you confidence in your ability to give birth. Our Saturday class will provide you and your family with necessary information and skills about pregnancy, childbirth, labor support, newborn care, breastfeeding, and more! Plus meet the staff of Houlton Regional Hospital's Obstetrical Unit.

### 2018 Class Dates:

#### Saturday Course Dates:

January 06

March 10

June 02

August 04

October 06

#### Time:

9a.m. to 4 p.m.

#### Cost:

Free of Charge

#### Location:

The Center for Community Health Education  
Houlton Regional Hospital

Instructors: Jayme Hovey, RN &  
Janelle Hardy, RN, BSN, CLC

To Register or For More  
Information:

Please Call—Janet Vose 532-5969  
[Janet.vose@houltonregional.org](mailto:Janet.vose@houltonregional.org)

