

# REGISTRATION:

For your convenience you may register for childbirth classes online at:

**stlukehealthcare.org**

(Under Resources)

or by calling

**(406) 528-5318**

Topics Include:

- Planning Your Birth
- Having a Healthy Pregnancy
- Understanding Labor and Birth
- Pain and Comfort
- Labor and Birth Interventions
- Cesarean (C-Section) Birth
- Caring for Yourself
- Preparing for Your Newborn
- Breastfeeding

Note: These classes are **strongly recommended** for first-time parent(s), but *all are welcome to attend*.



## FOR MORE INFO:

107 6th Ave. SW

Ronan, MT 59864

406-528-5318

[stlukehealthcare.org](http://stlukehealthcare.org)

# CHILDBIRTH EDUCATION CLASSES

St. Luke Community  
Healthcare



# AT THE NEW BEGINNINGS BIRTH CENTER, EVERY BIRTH IS A SPECIAL DELIVERY

When you're expecting, you want the very best for you, your baby, and your family. So do we! That's why we created the New Beginnings Birth Center...a warm, welcoming environment devoted to making your birth experience a personal, meaningful and safe occasion.

## YOUR COMFORT AND SAFETY ARE TOP PRIORITIES AT NEW BEGINNINGS BIRTH CENTER

Whether this is your first time, or you are a "veteran" parent, you're looking for a childbirth setting that offers the latest high-tech equipment, a secure unit for baby's safety and plenty of TLC. You will find all those at the New Beginnings Birth Center at St. Luke.

No matter where you plan to deliver your baby, the New Beginnings Birth Center is committed to helping you understand your birthing options and teaching you about labor, delivery, and newborn care, including feeding options so the arrival of your baby is a wonderful experience and a precious memory. Any expectant mother and her support person are welcome to attend. The earlier in the pregnancy the better, and you may attend more than once.

## CHILDBIRTH CLASSES ARE FREE TO ATTEND

### Upcoming Dates for 2023:

*January 21st*

*April 15th*

*July 15th*

*October 14th*

*Visit with your doctor for  
educational opportunities  
outside of these dates*

**9 a.m. to 1 p.m.**

**Tamarack Conference Room  
St. Luke Community Hospital, Ronan**

If you are interested in attending, please do so early in pregnancy, especially for breastfeeding information.

All of our classes are taught by St. Luke OB Registered Nurses, who are eager to assist you during your childbirth experience here at St. Luke.

Please don't hesitate to contact us with any questions. Simply call (406) 528-5318.

## YOUR NEW BEGINNING STARTS HERE



# St. Luke

NEW BEGINNINGS  
BIRTH CENTER