

Registration Form

Name(s) _____

Address _____

City _____ State _____

Zip _____

Phone (H) _____

Email _____

Physician _____

Due Date _____

Classes

Prepared Childbirth Class

___ Jan. ___ March ___ May ___ July ___ Sept. ___ Nov.

Hydrotherapy Class

___ Feb. ___ April ___ June ___ Aug. ___ Oct. ___ Dec.

Breastfeeding Class

___ Feb. ___ April ___ June ___ July ___ Sept. ___ Nov.

Siblings Class

___ Feb. ___ April ___ June ___ Aug. ___ Oct. ___ Dec.

For Further Information or To Register

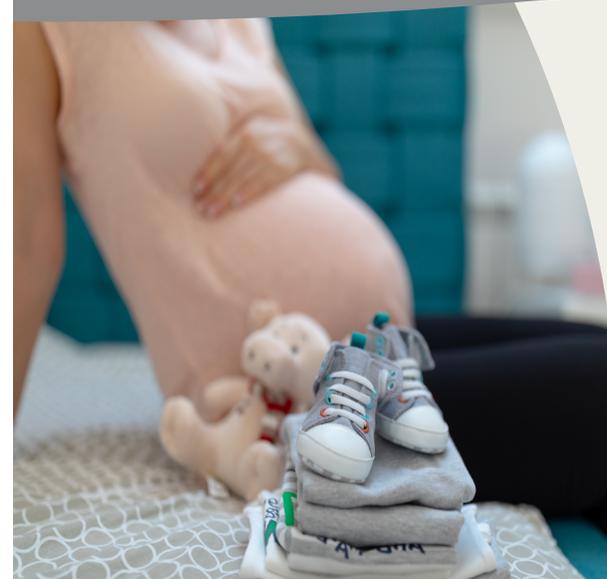
Please contact the Executive Administrative Assistant by calling 608.377.8688 or mail in this registration form to:

Tomah Health

Attn: Executive Administrative Assistant
501 Gopher Drive, Tomah, WI 54660

Early registration is advised.
There is no fee to attend.

Childbirth Education



501 Gopher Drive, Tomah, WI 54660 | 608-372-2181
Visit us on the web at tomahhealth.org

March 2024

Classes



Prepared Childbirth Class

This all-inclusive course will assist you in planning your birth experience. You and your partner can support each other through pregnancy, labor, and birth by understanding the birthing process and practicing massage, relaxation, and coping techniques together.

You will learn about the physical changes you will experience, pain relief options, and possible complications, including Cesarean birth. You will also learn about newborn characteristics and primary care.

Pre-Birth Planning and Tour will also be included in the first part of the class.

Dates Offered:

January 18, 2024

March 21, 2024

May 16, 2024

July 18, 2024

September 26, 2024

November 21, 2024

Time: 5:30 p.m. – 8:30 p.m.

Location: Tomah Health

Please obtain Conference Room 1B & 1C directions from the receptionist at the hospital's main entrance.

Fee: Free

Hydrotherapy Class

Do you have questions, concerns, or just curiosity about hydrotherapy, also known as water-birth? Then this is the class for you. Come see what water-birth is all about and learn how this technique can assist in promoting a calm, safe and relaxed birth experience.

Dates offered: Thursday Evenings

February 1, 2024

April 4, 2024

June 6, 2024

August 8, 2024

October 10, 2024

December 12, 2024

Time: 7:00 p.m. – 8:00 p.m.

Location: Tomah Health

Please obtain Conference Room 1B & 1C directions from the receptionist at the main entrance of the hospital.

Fee: Free

Breastfeeding Class

This class is designed to prepare your family for the breastfeeding experience. During this class, information will be presented on the advantages of breastfeeding, prenatal preparation, healthy nutrition, the partner's role and returning to work while continuing to breastfeed.

Dates Offered:

February 8, 2024

April 11, 2024

June 13, 2024

July 25, 2024

September 19, 2024

November 14, 2024

Time: 5:30 p.m. – 7:00 p.m.

Location: Tomah Health

Please obtain Conference Room 1B & 1C directions from the receptionist at the hospital's main entrance.

Fee: Free

Car Seat Safety Class

By Appointment Only:

Call 608-377-8400 to:

- Set up an appointment
- Receive car seat recommendations
- Get help with installation
- Ask questions

Fee: Free



Sibling Class

The Sibling Class is designed to prepare children for the arrival of a new brother or sister.

Dates Offered: Thursday Evenings

February 1, 2024

April 4, 2024

June 6, 2024

August 8, 2024

October 10, 2024

December 12, 2024

Time: 5:30 p.m. – 7:00 p.m.

Location: Tomah Health

Please obtain Conference Room 1B & 1C directions from the receptionist at the hospital's main entrance.

Fee: Free