

## 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](http://tomahhealth.org)

May 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 13, 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 13, 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