

Saturday, April 5

- Childbirth Class - 9:00am

Monday, April 14

- Walk with a Doc

Friday, April 18

- Lactation/Breastfeeding Class - 6:00pm

Childbirth Class

Time: 9:00am

This class is for expecting mothers, and their partners, who plan to deliver at our facility. Topics covered include: physical changes in pregnancy, complications of pregnancy, stages of labor, pain management strategies, vaginal delivery, cesarean section, postpartum care, newborn care plus a tour of the unit.

Lunch will be provided.

To reserve a seat, please call 903.737.3900, option 1.

Walk with a Doc

Take a step toward better health

Join us for Walk with a Doc! These provider-led walking groups are a fun and safe place to get some steps, learn about health, and meet new friends. The events are FREE and all are welcome!

Lactation/Breastfeeding Class

Time: 6:00pm

Please bring a snack, drink and doll for positioning exercises.

We will discuss the benefits of breastfeeding, breastfeeding techniques and positions, myths vs. truths and more. This class is designed to be a fun and interactive way to explore all that breastfeeding has to offer you and your little one.