

UPHS MARQUETTE 2021

CHILDBIRTH AND FAMILY EDUCATION PROGRAMS

Sign up online at - <http://www.mgh.org/our-services/womens-health>

Or you can call (906) 449-3666 to sign up or for more information.

CHILDBIRTH PREPARATION

*Medicaid will cover the fee for the Childbirth Preparation Classes. Call for more information.

Childbirth Preparation Fee: \$50

<p>ONE DAY CLASS* Saturdays: 9 AM to 4:30 PM</p>	<p>THREE DAY CLASS* Thursdays 6:30 PM to 9 PM IN PERSON/Sign up on our website.</p>	<p>ONLINE CLASS*</p>
<p>NO CLASSES SCHEDULED YET</p>	<p><u>SEPT 9, 16, 23</u> * <u>OCT 7, 14, 21</u> <u>NOV 4, 11, 18</u> * <u>DEC-TBA</u></p>	<p><u>This class can be taken at any time. Sign up online or call 906-449-3666</u></p>

BREASTFEEDING SUPPORT

\$10 per class or FREE if you take a Childbirth Prep Class

<p>*BREASTFEEDING</p> <p>Tuesdays 6:30 PM to 9:00 PM IN PERSON Class/Sign up on our website</p>		<p>PUMPING AND RETURNING TO WORK</p> <p>Thursdays 6:30 PM to 8:00 PM VIRTUAL class/sign up on our website</p>
<p><u>SEPT 21</u> * <u>NOV 16</u></p>		<p><u>Sept 14</u> * <u>DEC 21</u></p>

NEW PARENTS

<p>FAMILY BIRTHING TOUR (FREE) This tour is included with the 1 and 3 day Childbirth Prep Classes</p> <p>MONDAY 12 NOON</p>	<p>FAMILY BIRTHING TOUR (FREE) This tour is included with the 1 and 3 day Childbirth Prep Classes</p> <p>TUESDAY 6 PM</p>	<p>CPR – INFANT & CHILD Fee: \$15/ person \$25/couple</p>
<p><u>SEPT 27</u> * <u>OCT 25</u> <u>NOV 22</u> * <u>DEC 13</u></p>	<p><u>SEPT 28</u> * <u>OCT 26</u> <u>NOV 16</u> * <u>DEC 28</u></p>	<p>NO IN HOSPITAL CLASSES SCHEDULED YET</p>

ALL DATES ARE SUBJECT TO CHANGE. Registration is required for all classes and space is limited. Sign up early in your pregnancy. For more information please call (906) 449-3666 or Toll Free at 1-800-562-9753 ext. 3666 for assistance.