



FOR IMMEDIATE RELEASE

## **Baptist Health Care Offers Parenthood Education and Classes – April 2017**

PENSACOLA, Fla. (Mar. 10, 2016) – Baptist Health Care offers expectant mothers choices to tailor the birth experience from early pregnancy through the months following baby’s arrival. Our dedicated Baptist Women’s Center team of nurses and educators are specially trained to make the birthing experience special.

**Prepared Childbirth (all day) - \$90 per couple**

Sat., April 1, 8 a.m. to 4 p.m.

Baptist Hospital, 1000 West Moreno St., Prenatal Classroom, 3<sup>rd</sup> Floor

This four-week series prepares you and your partner for the labor and delivery journey.

**Prepared Childbirth (four-class series) - \$90 per couple**

Tues. and Thurs., April 4, 6, 11 and 13, 6 to 8:30 p.m.

Baptist Hospital, 1000 West Moreno St., Prenatal Classroom, 3<sup>rd</sup> Floor

This four-week series prepares you and your partner for the labor and delivery journey.

**Baptist Birth Experience - FREE**

Sat., April 8, 10 a.m. to 12:30 p.m.

Baptist Hospital, 1000 West Moreno St., Prenatal Classroom, 3<sup>rd</sup> Floor

This class gives an overview of the Baptist Women’s Center experience, a tour of the labor and delivery unit, nursery and post postpartum unit of Baptist Hospital and includes a video about epidurals.

**Baby Care Basics - \$20 per couple**

Tues. and Thurs., April 18 and 20, 6 to 8 p.m.

Baptist Hospital, 1000 West Moreno St., Prenatal Classroom, 3<sup>rd</sup> Floor

This class walks you through what to expect in the hospital and at home. A key milestones guide will be provided to help monitor baby’s growth and needs.

**Beginning Breastfeeding - \$20 per couple**

Tues. and Thurs., April 25 and 27, 6 to 9 p.m.

Baptist Hospital, 1000 West Moreno St., Prenatal Classroom, 3<sup>rd</sup> Floor

This class teaches the basics of breastfeeding, including the best way to start and what choices will result in the most rewarding breastfeeding experience.

**Baptist Women’s Center Tours**

We offer tours of the Baptist Women’s Center on Mondays and Fridays at 5:30 p.m. To reserve a spot or schedule a different time, call 850.434.4567.

**Monthly Series Package - \$125 per couple**

This package includes Prepared Childbirth, a four-class series or one all-day class, one Breastfeeding class and one Baby Care Basics class.

Classes are offered throughout the year. View the schedule at [eBaptistHealthCare.org/birth](http://eBaptistHealthCare.org/birth) by clicking on classes. To register for classes, call 850.434.4567. If calling after normal business hours, leave a detailed message and someone will return your call to confirm registration and discuss payment options.

**CONTACT BELOW IS FOR MEDIA USE ONLY**

For more information about this press release or to schedule an interview, please contact Marilyn Smith at 850.791.5254 or at [BHCMediaRelations@bhcpns.org](mailto:BHCMediaRelations@bhcpns.org).

*About Baptist Health Care*

*Baptist Health Care is a community-owned, not-for-profit health care organization committed to improving the quality of life for people and communities in northwest Florida and south Alabama. The organization is a proud member of the Mayo Clinic Care Network. A 2003 Malcolm Baldrige recipient, Baptist continuously strives to be a national leader in quality and service. Baptist Health Care includes three hospitals, two medical parks, Andrews Institute for Orthopaedic & Sports Medicine, Lakeview Center, Baptist Medical Group and Cardiology Consultants. With more than 6,500 employees and employed physicians, Baptist Health Care is the largest non-governmental employer in northwest Florida. For more information, please visit [www.eBaptistHealthCare.org](http://www.eBaptistHealthCare.org).*

*Baptist Health Care • Baptist Hospital • Gulf Breeze Hospital • Jay Hospital • Lakeview Center • Baptist Medical Park – Nine Mile • Baptist Medical Park – Navarre • Baptist Medical Park – Pace • Baptist Medical Park – Airport • Andrews Institute • Baptist Medical Group • Cardiology Consultants • Mayo Clinic Care Network*

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