

Childbirth & Parent Education Program

Labor and Delivery (In-Person) Course

Saturday August 19, 2023 • 9 am – 2 pm

Health Education Center (entrance off of S. Washington Street will be open) at
UM Shore Medical Center at Easton 219 S. Washington Street, Easton, MD 21601

This class is tailored toward our Spanish-speaking community members and will be taught in Spanish by a Spanish-speaking Labor and Delivery nurse educator.

TOPICS WILL INCLUDE:

- Signs of labor
- Stages of labor
- Labor contractions
- Comfort techniques/pain management
- Positions
- Medical procedures
- Recovery

To register for this class, please call **410-822-1000**, **extension 5200** and leave a message with your name, email address, phone number and the name and date of this course.



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