“LABOR DAY” BOOT CAMP  
(1/28; 2/25; 3/25; 5/6; 6/3)  
This one-day class is held from 9:00am to 3:00pm and covers all the basics for new parents. It’s a day full of empowerment and informed choices for new mother and support team. You will learn stages of labor, breathing and relaxation techniques for discomforts of labor, medication use, Caesarean and postpartum care and birth plans. A tour of the hospital’s beautiful birthing center is included. Please note: Lunch is not provided. (The same information is offered in a four-class series, set over four consecutive weeks - see “Countdown to Childbirth”.)

COUNTDOWN TO CHILDBIRTH  
(Four consecutive weeks beginning 1/4; 2/8; 3/22; 5/3; 6/7)  
Each series of our childbirth education offers four classes set over four consecutive weeks and covers all the basics for new parents. The classes provide empowerment and informed choices for new mother and support team. You will learn stages of labor, breathing and relaxation techniques for discomforts of labor, medication use, Caesarean and postpartum care and birth plans. A tour of the hospital’s beautiful birthing center is included. Classes are held from 7:00pm to 9:00pm on four consecutive weeks, with each series start date listed above. (The same information is offered in a one-day session - see “Labor Day” Boot Camp.)

HELLO BABY!  
(1/17; 2/28; 4/11; 6/20)  
This class is held from 7:00pm to 9:00pm and covers the basics of how to care for your newborn while in the hospital and when you arrive home. You will learn about diapering, bathing, medications and soothing techniques for baby. Lots of hands-on practice to help you get ready for parenthood.

BREASTFEEDING 101  
(12/13/16; 2/7; 4/4; 5/30)  
This class provides practical information for moms who plan to breastfeed and those who are still undecided. Dads are welcome too. Our experienced staff will prepare you for what is ahead and support you throughout your hospital stay and after you go home. Your questions will be answered and you will be ready to bond with your baby.

We’re committed to providing a great birthing experience and a wonderful start for your new baby

WE LOVE BABIES. AND WE’D LOVE TO HELP YOU MEET YOURS.

Munson Healthcare Charlevoix Hospital  
14700 Lake Shore Drive, Charlevoix, MI 49720  
(231) 547-4024

Munson Healthcare Charlevoix Women's Health  
14651 W. Upright Street, Charlevoix, MI 49720  
(231) 547-4477

Munson Healthcare Charlevoix Wellness Workshop  
411 Bridge Street, Charlevoix, MI 49720  
(231) 547-3482

munsonhealthcare.org/charlevoixhospital

REGISTRATION BY MAIL
Please fill in the form below and mail it to:
Munson Healthcare Charlevoix Hospital
14700 Lake Shore Drive, Charlevoix, MI 49720

Name _______________________________________
Address _______________________________________
Phone _______________________________________
Email _______________________________________
Birthday ________________   Due Date ______________
Labor Companion _________________________________
Physician _______________________________________
First Baby? ☐ YES ☐ NO
If no, date of last delivery ___________________________
Please check the class(es) you wish to attend and circle
the date (if applicable):

☐ LABOR DAY BOOT CAMP
(1/28; 2/25; 3/25; 5/6; 6/3)

☐ COUNTDOWN TO CHILDBIRTH
(4-wk series beginning dates: 1/4; 2/8; 3/22; 5/3; 6/7)

☐ HELLO BABY
(1/17; 2/28; 4/11; 6/20)

☐ BREASTFEEDING 101
(12/13/16; 2/7; 4/4; 5/30)

☐ BRUSH UP FOR BABY: A REFRESHER
(Call for details and schedule)

☐ SAFETY FIRST (CPR / CAR SEAT)
(1/10; 3/7; 4/18; 6/13)

☐ BROTHERS & SISTERS TO-BE
(Call for details and schedule)

☐ MOM’S NIGHT OUT
(Call for details and schedule)

☐ ALL ABOUT DAD
(Call for details and schedule)

COST: For a one-time fee of $50 you may attend any
or all of the classes except those marked “Call for
details.” (Scholarships are available - call for details.) If
you choose to only attend the “Brothers & Sisters To-
Be” class, there is a $10 charge per child and the $50
overall fee is waived.

LOCATION: Classes (except Safety First) meet in
our new Munson Healthcare Charlevoix Wellness
Workshop, located in downtown Charlevoix on 411
Bridge Street, Charlevoix. Safety First will be held at the
hospital in Classroom B.

PRIVATE CLASSES: Will be considered on an
individual basis; please call (231) 547-8866 to inquire.

REGISTER ONLINE: You may register online by
going to our website: munsonhealthcare.org/
charlevoixhospital

• Type “Childbirth” in the Search box
• Choose “Childbirth Preparation - Munson
Healthcare Charlevoix Hospital”
• The third paragraph has a link for “register online”
that will take you directly to the registration page.

BRUSH UP FOR BABY: A REFRESHER
(Call for details and schedule)
This 1-1/2 hour class is designed for experienced parents that
would like to get an update on labor and delivery procedures
as well as Cesarean section procedures. Call 231-547-8866
for details.

SAFETY FIRST (1/10; 3/7; 4/18; 6/13)
In this class, life-saving CPR techniques for babies will be
introduced (6:30pm to 7:30pm). A certified child passenger
safety technician will answer your questions on car seats
(7:30pm to 9:00pm). Grandparents are also welcome to
attend. This combined class is held from 6:30pm to 9:00pm.
Please note: This class is held at the hospital in Classroom B.

BROTHERS & SISTERS TO-BE
(Call for details and schedule)
This class provides a fun way for parents and their children
to prepare for life with a new baby. Appropriate for ages
2-12, this class includes creative play, art and videos
showing the kids what to expect with a new baby in the
home. You’ll get a tour of the Birthing Center, view a new
baby and receive a Big Brother/Big Sister hat and diploma.
This class is held on demand and there is a $10 charge per
child. Call 231-547-8866 for details.

MOM’S NIGHT OUT
(Call for details and schedule)
Come and enjoy a spa night with pampering products and
learn about relaxation. Take time to network with other
mothers who are on the same journey into motherhood or
are going through it now. There will be a discussion of self-
care, postpartum blues, depression and talking about area
resources to support you. Call 231-547-8866 for details.

ALL ABOUT DAD
(Call for details and schedule)
Dads deserve time too! Come and discuss the joys, fears,
excitement and anticipation of becoming a dad. Talk with
other dads on the same journey of how it really is. Talk
about your role while in labor and at home and just how
important you are to your family! Call 231-547-8866 for
details.