



FOR IMMEDIATE RELEASE

## Baptist Health Care Offers Parenthood Education and Classes – May 2018

PENSACOLA, Fla. (April 6, 2018) – 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.

### **Sibling Class** – \$10 per child

Wed., May 2, 4 to 5:30 p.m.

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

This class helps you prepare your children for the arrival of the new member of the family!

### **Baptist Birth Experience** – FREE

Fri., May 4, 5:30 to 7:30 p.m.

Baptist Hospital, 1000 W. 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 partum unit of Baptist Hospital and includes a video about epidurals.

### **Baby Care Basics** – \$20 per couple

Tues. and Thurs., May 15 and 17, 6 to 8 p.m.

Baptist Hospital, 1000 W. 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.

### **Breastfeeding** – \$20 per couple

Tues. and Thurs., May 22 and 24, 6 to 9 p.m.

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

This class teaches how breastfeeding works, the best way to start and what choices will result in a 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, two Breastfeeding classes and two Baby Care Basics classes.

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 [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, four 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 • Baptist Heart & Vascular Institute • Cardiology Consultants • Mayo Clinic Care Network*

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