

**Tuesday, April 2**

- Pediatric Pre-Op Class - 5:00pm

**Tuesday, April 9**

- Pediatric Pre-Op Class - 5:00pm
- Prenatal Class - 6:00pm

**Wednesday, April 10**

- Breastfeeding Class - 6:30pm

**Thursday, April 11**

- Cooking Class - 6:00pm

**Tuesday, April 16**

- Pediatric Pre-Op Class - 5:00pm

**Tuesday, April 23**

- Pediatric Pre-Op Class - 5:00pm

**Tuesday, April 30**

- Pediatric Pre-Op Class - 5:00pm

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**Pediatric Pre-Op Class**

**Time:** 5:00pm

Our certified child life specialist is available to help infants, children, youth, and families cope with the stress and uncertainty of illness, injury and treatment. Child life specialists provide evidence-based, developmentally-appropriate interventions to reduce fear, anxiety and pain during health care experiences.

**Prenatal Class**

**Time:** 6:00pm

Childbirth, or commonly called Prenatal Class, teaches about the childbirth process, relaxation techniques, pain control and baby care. It is recommended for all new parents. Classes are offered every other month. The one night class is held at the hospital from 6-9:30 pm. Dinner is provided and a tour of Labor and Delivery is also included.

An RSVP is required. Call the OB & Nursery Team at 435.636.4828 or register online below.

**Breastfeeding Class**

**Time:** 6:30pm

Our Breastfeeding Class is a great introduction for new or expecting mothers who would like information or support with breastfeeding. There is limited space, so we ask that only one support person be by your side. The class is held in the Castleview Hospital Boardroom. An RSVP is required - register online.



Call the OB & Nursery Team at 435.636.4828 for more information.

**Cooking Class**

**Time:** 6:00pm

Join Castleview Hospital & Active Re-Entry for an evening of fun at the Cooking Class. This is FREE event.

The instructors will provide a cooking demonstration, resulting in a delicious recipe you'll get to sample. They will share the recipe, so you can prepare the meal at home with family or friends.

Additionally, you'll learn some great snack and budget-friendly meal ideas.

Instructors include:

JoAnn Stout, RN, Certified Diabetes Educator

Eddy Gutierrez, FSN Director & Chef at Castleview Hospital

Eva Tseng, Registered Dietitian

**Seating is limited. Save your seat today by registering below!**