



WSNM Education Classes

Congratulations on your pregnancy! Thank you for choosing Women's Specialists of New Mexico. Our goal is to provide the highest quality healthcare and education during your pregnancy by offering a variety of programs and services. All classes are held in our Downtown Office at 201 Cedar SE in suite 5640.

Prepared Childbirth Classes: These classes cover the process of labor, vaginal and cesarean delivery, medical interventions, pain medication options, comfort and breathing techniques, the special role of your support person/team, and postpartum info about mom, baby and family. It is best to complete this class at least six weeks before your due date. The class includes a tour of Presbyterian Hospital's Family Birthing Center (triage and birthing suites) and the Postpartum floor. Cost: \$80 per couple

You can choose from the following classes:

- 5 week classes offered one evening a week- Mondays or Wednesdays from 7-9pm
- 1 day class offered Saturdays 9am-4:30pm
- If you are unable to attend either of these two times/dates, call to see if there are any private sessions available.

Childbirth Refresher Classes: Have you been there, and done that? Refresher classes are offered to those families that have been through childbirth before and just need one class to "refresh" them. Classes are one-on-one. A hospital tour is included in this 2 hour class. Cost: \$80 per couple

Breastfeeding Class: This class teaches you the breastfeeding basics. You will learn the nutritional, physical, and emotional benefits to mom, baby, and family. The class also covers how to return to work while continuing to breastfeed successfully. Support people are welcome to attend. This 3 hour class is held on the 4th Saturday of the month from Noon-3pm. Cost: \$25 per couple

Maternity Tours:

Presbyterian Hospital: Take a tour of the Family Birthing Center and the Postpartum floor. Presbyterian offers tours the first and third Saturday at 10:00 am and noon. Register online at www.phs.org/womenscenteredu. Meet at the Information Desk in the main lobby of the hospital. Cost: Free

Lovelace Women's Hospital: Tour Labor and Delivery, the Family Birthing Center and Postpartum. Tours through WSNM are held the 4th Saturday of the month from 9am-10am. Please call **843-6168 ext. 3024** to reserve a space, tour size is limited. Meet in the Main Lobby. Cost: Free

Tours of Women's Hospital are also offered through Lovelace. For times and availability call Kymba (505)727-7681

Prenatal Yoga: Starting January 7th: Thursday evenings from 6:30 to 7:45. Cost: \$10 per class

Registration

Class size is limited; we encourage you to register at least 12 to 14 weeks before your due date. Class schedule information can be requested from any of our Patient Service Representatives and can also be found on our website, www.wsnm.org (under the "Motherhood" tab). To register for a class or seek additional information about our classes call our office: **843-6168 ext. 3024** to speak with our Childbirth Education Coordinator, Kathleen Briley. You can also e-mail your requests or questions to: kbriley@wsnm.org