



Bedford Commons OB-GYN, P.A.



Childbirth Education Class

Bedford Commons OB-GYN is pleased to offer a childbirth education class given by Elliot Hospital certified educators. This class is designed to help you, the expectant parents, gain as much information as possible so you can make informed choices during the birthing process. We encourage new obstetrical patients to sign up for this class.

Classes are offered on an on-going basis at 33 South Commercial Street, 4th Floor, (Manchester), and all educators are certified in their specialties. We recommend you register for the class around your fifth month. Please call Kim at (603) 663-5897 to register for the class.

Labor Series – 5 weeks or two days on the weekend

This childbirth education series prepares the expectant mother and her partner for all aspects of labor and birth. The educators share their knowledge and experience for meeting the challenges of birth. This series includes knowledge of the natural labor process, as well as a variety of coping measures, ranging from relaxation and breathing, to available medical options. A tour of the Maternity Center at Elliot Hospital is included.

Class Schedules

Five-week schedule – classes are on Tuesday evenings from 6:00 – 8:00 PM

January 5 – February 2, 2010

February 23 – March 23, 2010

April 13 – May 11, 2010

June 1 – June 29, 2010

Weekend Classes (Saturday and Sunday) 9 AM – 2 PM

Weekend dates available:

January 23 and 24, 2010

February 20 and 21

March 20 and 21

April 17 and 18

May 15 and 16

June 19 and 20

~ Call Kim at 663-5897 to register or for additional information.