

Women's Care Center of Columbus, Inc.  
Childbirth Classes

The physicians of Women's Care Center of Columbus, Inc. are offering a unique childbirth class designed especially for our patients. The curriculum includes information about all hospital procedures, labor progression, medications, breathing techniques, comfort measures, epidurals, delivery and postpartum procedures. The class is complete in one session, approximately 4 hours in length. The following additional information will help you plan ahead!

- ❖ Class dates are monthly, either Sunday or Tuesday evening.
- ❖ Suggested attendance is optimally week 28 to 36 of pregnancy.
- ❖ Instructors are RN's with additional certification in labor and delivery nursing, and have extensive experience in caring for the obstetrical client and family.
- ❖ To register:
  1. Select a class date from the dates available.
  2. Send the below information:  
Your name, PHONE NUMBER for confirmation, doctor, due date, class date selection, and e-mail if preferred contact.
  3. Fee is \$85.00 per couple payable by check or money order to Beth Howes, prepaid with registration.
  4. Mail above information to: Rebecca Schmitt  
492 E. Johnstown Road  
Gahanna, Ohio 43230
- ❖ For questions, class dates and times call 614-475-0811 or e-mail to: [bjs3b@wowway.com](mailto:bjs3b@wowway.com).
- ❖ Confirmation will be by phone or e-mail within 2 weeks of receipt.
- ❖ You will need to schedule your hospital tour separately, as no tour is included in this session.
- ❖ Dress comfortably. Meeting room tends to be too hot or too cold!  
You may bring a snack and drink. No food or vending is available at the meeting areas. Due to class format, breaks will be short.  
You DO NOT need to bring pillows.
- ❖ We will cover a lot of information, and our goal is that you will be well prepared for the birthing experience! Our class is complete; you DO NOT need an additional LaMaze class. Classes on breastfeeding, newborn care, CPR are available at all hospital locations. Call or check the hospital website for additional information in these areas.