

Don't Forget to Take Advantage of Our Prenatal Classes

BREASTFEEDING & BABYCARE

Breastfeeding

This class is for patients who are 30-34 weeks pregnant. Learn what you need to get started from correct positioning and latching of baby to pumping and storing milk to prepare for returning to work.

Babycare

This class is for patients who are 30-34 weeks pregnant. Learn how to care for your baby during their first six weeks, from bathing and car seat safety to practicing swaddling and diaper changing.

Breastfeeding & Babycare Class

6 pm to 8 pm

Cost: No Charge

Location: Main Office of Physicians East
1850 W Arlington Blvd.

Dates:

August 22 November 7,21
September 12 December 5,19
October 3,17

CHILDBIRTH EDUCATION

Learn what to expect and how to cope with all stages of labor and delivery. Learn options for pain relief medications, epidurals and medical procedures.

One Saturday a month from 8 am to 12 pm

Cost: \$50; Pay the day of the class

Location: Main Office of Physicians East
1850 W Arlington Blvd.

Dates:

August 13 November 12
September 10 December 3

You can sign up at any time at the front desk or by calling 252.757.3131 today.

www.PhysiciansEast.com

PHYSICIANS EAST, P.A.
PROVIDING COMPREHENSIVE HEALTH CARE TO EASTERN NORTH CAROLINA

1850 W Arlington Blvd., Greenville, NC 27834