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
September 12
October 3,17

November 7,21
December 5,19

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
September 10
December 3

November 12

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