



Gain Confidence In Your Body And In Your Ability To Birth and Naturally Feed Your Child

The event of a lifetime takes a lot of preparation. At Pennock Health, we share in your excitement, your concern, and your need for birthing information. Let our experts guide you along the way! Our childbirth educators include Renee Gaiski, RN/BSN, and Amie Sensiba, RN. Our lactation counselors include Juli Gelderloos, RN/BSN, and Maureen Hemming, RN.

**Whether this is your first baby
or your fourth, we have classes
specially suited to your needs.**

Childbirth Educators

Renee Gaiski, RN, BSN

Amie Sensiba, RN

Lactation Consultants

Juli Gelderloos, RN, BSN, LC

Maureen Hemming, RN, LC

Get social with us. Visit us on Facebook or scan the QR code below to find out more about Pennock's Family Birthing Center and about childbirth, pregnancy and parenting!



1009 W. Green Street, Hasting, MI 49048

269.945.3451

www.pennockhealth.com



Childbirth and Breastfeeding Education

Sign up today!

269.945.3451 ext. 1872



1009 W. Green St., Hastings, MI 49058

Phone: 269.945.3451

www.pennockhealth.com

Childbirth Preparation

Learn relaxation techniques, an overview of pregnancy, labor, and possible medical procedures. Become an educated and informed parent. Included is a brief discussion on newborn appearance, preventative screenings performed in the hospital before discharge, and a tour of the Family Birthing Center.

Please bring 2 pillows, a blanket, and a watch with a secondhand to Childbirth Education classes. **Class fee: \$60.00**

Saturday

9:00 a.m. - 3:00 p.m.



2012 Childbirth Preparation Classes

Dates	Time	Class Fee
January 14	9am-3pm	\$60.00
February 18	9am-3pm	\$60.00
March 10	9am-3pm	\$60.00
April 21	9am-3pm	\$60.00
May 12	9am-3pm	\$60.00
June 9	9am-3pm	\$60.00
July 14	9am-3pm	\$60.00
August 11	9am-3pm	\$60.00
September 15	9am-3pm	\$60.00
October 13	9am-3pm	\$60.00
November 17	9am-3pm	\$60.00
December 15	9am-3pm	\$60.00

Saturday

Childbirth Prep Classes

9:00 a.m. - 3:00 p.m.

Lunch provided

Saturdays are a one class session

Tuesday | Thursday

Breastfeeding Education Classes

5:30 p.m. - 8:30 p.m.

One on one classes may be available, please call to inquire.

269.945.3451 ext. 187

Breastfeeding Education

An overview of the advantages of breastfeeding for mother and baby. Instruction on positioning, latch and hunger cues. Learn how breastfeed babies grown differently than formula fed babies, and how to return to work while breastfeeding. **Class fee: \$10.00**

Tuesday | Thursday

5:30 p.m. - 7:00 p.m.

2012 Breastfeeding Classes

Dates	Time	Class Fee
January 5	5:30-7:30pm	\$10.00
February 14	5:30-7:30pm	\$10.00
March 8	5:30-7:30pm	\$10.00
April 10	5:30-7:30pm	\$10.00
May 10	5:30-7:30pm	\$10.00
June 12	5:30-7:30pm	\$10.00
July 12	5:30-7:30pm	\$10.00
August 14	5:30-7:30pm	\$10.00
September 13	5:30-7:30pm	\$10.00
October 9	5:30-7:30pm	\$10.00
November 8	5:30-7:30pm	\$10.00
December 11	5:30-7:30pm	\$10.00