

Childbirth & Breastfeeding Education Class

Online Learning
Coming Soon To
meekermemorial.org

Meeker Memorial Hospital (MMH) is pleased to announce its new online childbirth & breastfeeding education classes. The online classes are interactive, web-based programs that include animated illustrations and videos.

They can be viewed at <http://patienteducationonline.info> on a PC, Mac, mobile devices or tablet. The E-code for Childbirth or the Gift of Motherhood is 4F977F • Breastfeeding E-code is 8358FO. The cost for the online e-learning programs are FREE. MMH will be offering these as a community service to area residents.

In addition to the online e-learning modules, online class participants can register for a one-day in-person class. The in-person class will provide print materials to compliment the online content, including information to develop an individualized birth plan, learn strategies to aid in the birth process and understand comfort measure options, OB tour, and an introduction to prenatal yoga. Participants will meet community partners from the hospital, public health, community education and lactation consultation and nursing.

Childbirth Weekender In-person Class is for expectant mothers and their support person, with the following dates in 2016:

(All in-person classes will be held in the MMH Conf. Center-lower level)

Saturdays from 9 a.m. to 4 p.m.
October 8 • Dec. 10

Childbirth Weekender
In-person Class is
recommended at 5-6
months of the pregnancy
(end of second trimester).

Participants may
register for the Childbirth
Weekend In-person
class session by going
to the hospital website:
meekermemorial.org



MEEKER MEMORIAL
HOSPITAL

Care as it should be.

To Register:
MEEKER MEMORIAL HOSPITAL
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www.meekermemorial.org

