



For class dates  
and times visit:

[HillcrestHospital.org](http://HillcrestHospital.org)

Click on “Care  
Specialties and  
Services”

Click on “Women &  
Children’s Services”

Click on “Childbirth  
and Parenting  
Education”

Click on “Description  
of Classes/Class  
Schedule”

# Teen Lamaze Class

Do you want to know about...

- What to expect at the hospital?
- Breastfeeding?
- Labor & delivery?
- Newborn care?
- Resources that are available for you and your baby?
- What to expect after the baby arrives?

This class is **FREE** and registration is not required  
Up to 21 years old, family/friends are welcome

**For more information, please call 440.312.4647**