

# Virtual Childbirth Education Classes for 2023

## WELCOME!

At York Hospital, we encourage women planning to deliver at **Miracles Family Center**, to learn as much as possible about pregnancy, parenting and childbirth preparation. In partnership with **Birthly**, York Hospital is offering valuable, educational resources, to their patients in the comfort of their own homes. All classes are live, which means patients will have the opportunity to connect through a live video feed with certified and experienced childbirth educators.

**Birthly educators** will provide interactive teaching on a variety of top-of-mind topics and patients will have dedicated time to ask questions. A code will be given to York Hospital patients to access the Birthly classes at a 50% discount.

### **Birthly Classes being offered include:**

- Early Pregnancy Preparations
- Prenatal Education Bootcamp (English & Spanish)
- Coping and Comfort
- Breastfeeding 101 (English & Spanish)
- Newborn Care (English & Spanish).

York Hospital will also continue to offer their current one night breastfeeding class, facilitated by Judi Rubin, a York Hospital certified lactation consultant.



# miracles

Family Center at York Hospital

SEE REVERSE SIDE FOR CLASS  
REGISTRATION INFORMATION

## Breastfeeding virtual class with Judi Rubin

This one night class is for parents to learn about breastfeeding your baby. It is facilitated by York Hospital's Judi Rubin, a certified Lactation Consultant.

- Understand infant feeding cues and behaviors
- Learn how to care for the breastfeeding mother
- Build confidence in caring for your baby

Evening class: 6:00 p.m. to 7:30 p.m., on Tuesday of every month, except for November as follows:

January 24	February 28	March 28	April 25	May 23	June 27	July 25
August 22	September 26	October 24	December 19			

Class Fee: \$35

Please e-mail Judi Rubin at [jrubin@yorkhospital.com](mailto:jrubin@yorkhospital.com) if you have any questions or call the Family Care Team at 207-351-2129.

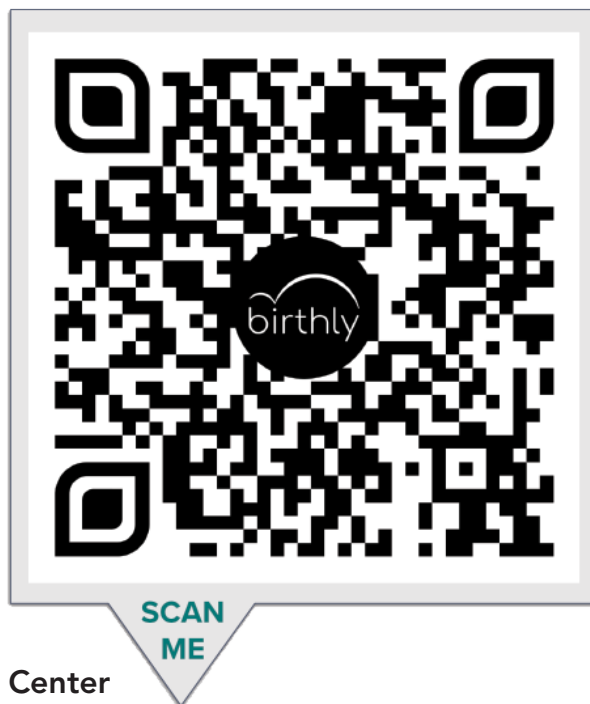
## Birthly virtual childbirth classes

For full class descriptions and schedule for Birthly Virtual Childbirth Education, scan the QR code.

**SAVE 50% on all Birthly classes with code "YORK" at checkout.**

To find out more and register for classes:  
[www.mybirthly.com/yorkhospital](http://www.mybirthly.com/yorkhospital)

For any questions about the childbirth education program, or to make an appointment for an in-person tour of **MIRACLES – The Diana Baldwin Dunnan Family Center at York Hospital** or information about delivering your baby at York Hospital, contact the team at **OB/GYN, Midwifery & Surgical Associates of York Hospital** at (207) 351-3455



3 Loving Kindness Way, York Maine 03909 | 207.363.4321  
[www.yorkhospital.com](http://www.yorkhospital.com)