



## ***GROWING TOGETHER***

Mid-pregnancy, Labor and Childbirth

By: Jane Beringer, R.N.

Class Schedule: First three Monday's of each month, 6:30 pm - 8:00 pm

Classes are held at the Katy Medical Plaza I location of  
Premier OB/GYN of West Houston, LLP

This 3-session, 1 ½ hour class will cover what to expect of your pregnancy including topics such as prenatal care, comfort, exercise, nutrition, fetal growth and development.

You will become familiar with the role of labor coach and learn the importance of the two of you working together. Breathing and relaxation techniques are demonstrated and practiced. Information on different types of births such as vaginal, cesarean-sections, and medications are also included.

E-mail: [jberinger@houston.rr.com](mailto:jberinger@houston.rr.com)

Or call me @ 281-395-8080

Cost \$65.00 per couple.

Payable by cash or check to: Jane Beringer

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Name of Mother to be: \_\_\_\_\_

Name of Father/Support person: \_\_\_\_\_

Home #: \_\_\_\_\_ Work #: \_\_\_\_\_ Cell #: \_\_\_\_\_

Physician: \_\_\_\_\_ Due Date: \_\_\_\_\_