EXPECTING AGAIN?

Why should you take a Lamaze Refresher if you've "been there and done that?"

Even though this is not a first pregnancy for either of you, there are good reasons to take a Lamaze Refresher class…

- You may have forgotten more than you think you have.
- This pregnancy and labor will be different from the last… learn how.
- You may have misplaced the materials you received the first time—here's a chance to receive new and updated materials!
- Changes may have taken place since your last delivery. This is especially true if this will be your first birth at Hunterdon Medical Center.

Second and subsequent pregnancies go by almost without notice, because you are so busy with your other children. Here's a chance to devote some time and thought to each other and to this pregnancy…a chance to think about your last birth. A chance to get past the "fear of the known" and discuss what worked and what didn't last time? What will you change this time? What is your vision for *this* birth? This class will not only refresh your memory, but allow you to formulate some goals for your next labor.

Remember that Lamaze skills are "conditioned responses". This means that you need to review and begin to practice once again, so the techniques are fresh in your mind—and automatic—once again.

Hunterdon Medical Center's Lamaze Refresher is specially designed for busy families. It's a single evening class so you only need to find a sitter once!

Cost: $116.00

Contact Felice Lewaine at (908) 788-MOMS(6667) to arrange a class date that is convenient for you.

Hunterdon Health