Antenatal classes

Birth and Baby classes:
Wednesday 7.00-9.00pm over four weeks or;
Full day Saturday Class every 2nd month
9.00am-3.00pm incorporating all sessions.
Recommended between 32 and 38 weeks gestation.

The program includes:
Session one: The baby’s journey
Session two: Labour techniques and new baby activities
Session three: At home with your new baby and breastfeeding
Session four: Visit to birthing rooms.

Where: Maternity and Women’s Health Unit
Fourth floor lounge room Gympie Hospital

Bookings: 5489 8724
Between 7.45am and 3.45pm weekdays