



Prepared Childbirth 2016

Covers general topics related to labor, delivery, and basic care for a baby. We request mothers be at least 28 weeks pregnant, but it is not required. Classes are from 9:00 am – 5:00pm. Classes are held in Meeting Room #3 on the first floor at the Tift Regional Medical Center.

- January 23
- February 27
- March 19
- April 23
- May 28
- June 25
- July 23
- August 20
- September 24
- October 22
- November 19
- December 10

I'm A Big Kid Now

For children ages 3 to 10 preparing for the arrival of a new baby in their family. Classes are from 6:00pm- 7:00pm. Classes are held in the OB classroom (Tift Regional Medical Center 2nd Floor, across from the nursery)

- January 21
- March 17
- May 19
- July 21
- Sept 15
- Nov 17

**Please call 229-353-6132 to register or visit the
Calendar of Events at tiftregional.com**