



News Release

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Date: July 9, 2021

**Columbus Community Hospital cancels December
Bump and Beyond Prepared Childbirth classes**

For Immediate Release

(COLUMBUS, Neb.) – Columbus Community Hospital has canceled its Bump and Beyond Prepared Childbirth classes scheduled for December 3 and 4.

CCH's Bump and Beyond Prepared Childbirth classes provide information to first-time and experienced parents. Certified childbirth educators teach classes that focus on many different topics, including the third trimester of pregnancy, labor, comfort techniques, medical procedures, pain relief options, cesarean section, postpartum care, postpartum depression, newborn care and breastfeeding.

Two series of classes are available. CCH hosts a three-week evening class series from 6-8:30 p.m. July 12, 19 and 26; Sept. 13, 20 and 27; and Nov. 1, 8 and 15. Additionally, the hospital hosts a weekend express series from 6-8:30 p.m. Fridays and 8 a.m.-noon Saturdays, Aug. 6-7 and Oct. 8-9.

Classes are in the Platte and Prairie Rooms on the first floor of the hospital and cost \$30 per couple. Only one individual needs to register for each couple. Spanish interpreters are available upon request.

To learn more about Bump and Beyond classes or to register, call 402-562-3266 or visit www.columbushosp.org.

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