



News Release

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CCH to offer Bump and Beyond Prepared Childbirth classes in 2021

For Immediate Release

(COLUMBUS, Neb.) – Navigating the world of pregnancy, childbirth and newborn care can be overwhelming.

Columbus Community Hospital offers Bump and Beyond Prepared Childbirth classes to provide information to first-time and experienced parents. Certified childbirth educators teach the classes that focus on a variety of topics, like 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. A three-week evening class series will be held from 6 to 8:30 p.m. on Jan. 4, 11 and 18; March 1, 8 and 15; May 3, 10 and 17; July 12, 19 and 26; Sept. 13, 20 and 27; and Nov. 1, 8 and 15. A weekend express series will be held from 6 to 8:30 p.m. on Fridays and 8 a.m. to noon on Saturdays on Feb. 5-6, April 9-10, June 4-5, Aug. 6-7, Oct. 8-9 and Dec. 3-4.

Classes will be held in the Platte Room on the third floor of the hospital. The cost of each series of classes is \$30 per couple. Only one registration is required 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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