Early Pregnancy: A Healthy Start
- For all Mercy Birthing Center moms and their partners
- Attend as soon as possible after your first prenatal visit
- Learn important information about nutrition, exercise, and bonding with your baby before birth
- Cost: $20 per couple

Preparing for Your Baby's Birth
Choose one of these programs to prepare for your baby's birth day:
- **Natural Birth Preparation Four-week series**
  - Women and their birth partners prepare for giving birth by learning and practicing comfort measures to guide them through the labor and birth experience. Participants will receive a copy of the "Magical Beginnings, Enchanted Lives" book prior to the first class. Group discussions will focus on weekly chapter readings.
  - Plan to complete this course 6-8 weeks before your due date.
  - The cost of the course is $125 per couple

- **Hypnobabies® Six-week series**
  - The Hypnobabies® course helps women create shorter, easier and more comfortable labors, making childbirth a more joyful experience. Expectant mothers use the Hypnobabies® Workbook, CDs and hypnosis scripts to train their inner mind that labor contractions will be felt only as pressure, tightening, pushing, pulling and normal baby movement sensations. Women are fully in tune with their babies during the birthing process and as aware of everything around them as they'd like to be, easily able to communicate with their support team, and completely in charge of their own birth experience.
  - You should begin this program between 20-30 weeks of pregnancy
  - The cost of the course is $325 and is held on Thursday evenings, from 6 - 9:30 p.m.
  - Women are pre-screened prior to registration in this class. To arrange an interview with the instructor contact: Heather.Comparato@mercy.net

- **Birth Preparation Refresher**
  - This four-hour class is for women who have experienced giving birth
  - Learn and practice labor support techniques and comfort measures for a natural birth
  - Cost: $40 per couple

Birthing Center to Home: Early Discharge Class
- For all Mercy Birthing Center moms and their partners
- Attend between 34-38 weeks of pregnancy after completing a childbirth preparation course.
- Cost: $25 per couple.

Fitness Programs
- **Move It Baby! Prenatal Yoga**
  Prepare for labor and birth and learn stretching, mental centering and focused breathing to reduce stress, promote relaxation and rejuvenate the mind.

- **Move It Baby! Mom and Baby Yoga**
  Bring your newborn up to 6 months old and participate in gentle stretching and strengthening exercise to restore the muscles used during pregnancy and birth. Yoga for your baby and infant massage technique will be included.

- **Dancing For Birth™ New Program!**
  You’ll love our groundbreaking Dancing For Birth™ class—combining feel-good prenatal fitness, cutting-edge birth wisdom, and celebration of pregnancy and birth, all rolled into one profound & powerful class that supports you at every stage, from pre-conception through postpartum. Each signature move and technique is designed to guide your baby into the optimal fetal position, and enable you to effectively work with your baby and your body for a birth experience you’ll love. Discover the keys to activating your birth and mothering instincts for your wondrous, transformational journey! After you give birth, come full circle and wear your baby to class for postpartum fitness, mothering wisdom and bonding with your baby.

  Cost for all Fitness Programs: $36 per six week series

Register online for the above classes at: www.mercy.net/mercy-birthing-center-classes
For registration by phone call Women’s Education at: 314-961-2229