



St Joseph's Hospital is now offering

Virtual Childbirth Classes

You will learn how the mother's body functions to deliver the baby, breathing and relaxation methods to help through labor, medical and non-medical options available during labor, information on cesarean births, and creating flexible birth plans.

We encourage all of our mom's to be to take part in this great opportunity

If you are interested

Please call Childbirth Coordinators

Rene Matthews 448.5515 or Denise Nolan 448.5668

Submit your name, email and contact number. Coordinators will then enroll you in a virtual WebEx childbirth class.