

# Cesarean Birth (C-Section) Birth Class

An educational seminar to help prepare patients  
for a scheduled cesarean birth (c-section)

**Date:** Monthly

**Time:** 12:00 pm - 2:00 pm

**Place:** Pregnancy and Birth Center

**Registration:** Required; easily completed  
online

**Fee:** \$25

## Who is this class for?

This class is intended for parents who are planning a cesarean birth. We welcome cesarean birth-givers and their primary support person.

## What will this class cover?

Our priority is to create a supportive birth environment. We will address the anxiety you may feel about cesarean delivery. We also want to provide as much information as possible, and we will introduce you to:

- what is involved in the surgical procedure
- what to expect before, during, and after your C-section
- post-operative recovery

To see the current calendar and register,  
please visit  
[middlesexhealth.org/pregnancycalendar](https://middlesexhealth.org/pregnancycalendar).  
You will then click on the C-Section  
Class Icon.

For more information,  
email [nursenavigator@midhosp.org](mailto:nursenavigator@midhosp.org)

