

Excelsa Health OB/GYN Online Educational Class Opportunity: Childbirth and Beyond

- How do I know if I'm in labor and what do I do when I think I'm in labor?
- Will labor and delivery be painful for me?
- Where do I go when it's time to deliver my baby?
- Am I able to have my support person with me at the hospital?
- Do I need to have a Cesarean section when it's time to deliver my baby?
- What happens after my baby is born?

Excelsa Health wants you to be prepared and have peace of mind about your childbirth experience whether you are a brand new mom or seasoned parent.

Our **online** Childbirth and Beyond class will help you learn about the labor and delivery process, what to expect when you arrive at the hospital, medical procedures, postpartum care, common questions and concerns and more.

This class is offered as an on-demand video you can view at your convenience. Our nurses are available via telephone to answer any questions you may have after watching the presentation.

To register for the **online** class, please call the Excelsa Health Call Center at 1-877-771-1234.

A confirmation email will be sent to you with the video link.

