



Prepared Childbirth Program

A weekend program for expectant parents



Topics to be covered include:

Lamaze breathing

Caesarean birth

Relaxation techniques

Post-partum

Stages of labor and delivery

Caring for your newborn

As well as a tour of our new Maternity Unit

Saturday, May 1 & Sunday, May 2, 2010

9:00 A.M. to 3:00 P.M.

**Christ Hospital
Ground Floor Staff Room
176 Palisade Avenue
Jersey City, NJ 07306**

\$100 fee and pre-registration are required

**To register or obtain more information, please call
(201) 795-8030, or visit us online at www.christhospital.org**



Registration and Consent Form*
for Participation in Christ Hospital's
Prepared Childbirth Program
(201) 795-8030

Yes...I would like to participate in the *Prepared Childbirth Program* offered at Christ Hospital on *Saturday, May 1 and Sunday, May 2, 2010.*

Name _____

Address _____

City, State, Zip _____

Daytime Telephone Number _____

Physician's Name _____

Due Date _____

*This form must be returned with payment at least two days before the class begins.

Please have your physician sign below:

I, _____ hereby give permission to my patient,

_____, to participate in the Prepared Childbirth

Program offered at Christ Hospital.

Please return this completed registration form (**signed by your doctor**) along with a \$100 check made payable to Christ Hospital to:

The Public Relations Department
Christ Hospital
176 Palisade Avenue
Jersey City, New Jersey 07306

* Cash or money order is accepted if dropped off in person before class begins.