

UPSTATE BEST BEGINNINGS: CHILDBIRTH & NEW FAMILY CLASSES



Congratulations to you during this special time!

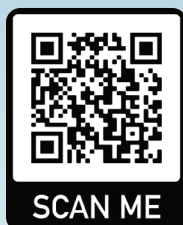
Upstate Best Beginnings Childbirth & New Family Classes will help prepare you, caregivers, and all family members for the birth of your baby.

To register or to see the full list of class options visit www.upstate.edu/bestbegin or scan the QR code below.

For specific class questions, contact the Best Beginning Coordinator at ChildBirthEd@upstate.edu or call (315) 492-5153.

UPSTATE
COMMUNITY HOSPITAL

Family Birth Center



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Class options include:

Childbirth
Breastfeeding
Newborn Care
Understanding Fatherhood
My New Sibling
Post-Partum Breastfeeding

Upstate Family Support Cafes:

Baby & Me
Breastfeeding

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