Congratulations to you at this important time. Our Expectant Parent Program classes are designed to help prepare you for the experience of childbirth. The classes will include an overview of labor, relaxation and breathing techniques, medication options, interventions, hospital procedures, hospital tour, and the role of the labor support person. We recommend you complete all classes at least three weeks prior to your due date.

We look forward to your attendance at our classes and hope it will foster a positive and rewarding childbirth experience. Call 315 492-5152 for more information.

Wear comfortable clothes, such as jogging suit, sweat pants, etc to each class. Please bring two pillows for the exercise session.

Please complete the registration form, on the back, including the Physician’s Permission section and return the form along with payment to:

Health Education Department POB-S2A
Upstate University Hospital-Community Campus
4900 Broad Road
Syracuse, NY 13215

Check or money order made payable to Upstate. Credit card payment may be accepted by phone 315-492-5152. Your cancelled check is your receipt. To ensure your registration, please return payment and registration forms as soon as possible.

*A partial refund may be available for cancellations due to medical reasons. A $10 processing fee is deducted. Checks returned for insufficient funds require a fee of $20.

Class Fee Assistance may be available for qualified individuals call 315-492-5152 to inquire and made possible by a grant from:
**CLASS REGISTRATION FORM**: Please print clearly

**Class Attending (Check one):**
- [ ] Monday Evening Series
- [ ] Weekend Program
- [ ] Refresher Series

Please print the date you would like to attend class:

<table>
<thead>
<tr>
<th>First Choice</th>
<th>Second Choice</th>
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</table>

**Expectant Mother’s Information:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Date of Birth</th>
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</table>

<table>
<thead>
<tr>
<th>Address</th>
<th></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>City</th>
<th>Zip Code</th>
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</thead>
</table>

<table>
<thead>
<tr>
<th>Phone Number</th>
<th>Due Date</th>
<th>Doctor’s Name</th>
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</thead>
</table>

<table>
<thead>
<tr>
<th>Number of Previous Pregnancies</th>
<th>Number of Previous C-Sections</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Occupation</th>
<th>Hospital you plan to deliver at</th>
</tr>
</thead>
</table>

**Labor Support Person/ Father’s Information:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Date of Birth</th>
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<table>
<thead>
<tr>
<th>Phone Number</th>
<th>Occupation</th>
</tr>
</thead>
</table>

**Amount Enclosed**: $ _______ (Class fee includes Mom & Support person)

**2015 CLASS DATES**

**Monday Evening Five Weeks:**
Mondays 6:30 - 8:30 pm
- January 5 - February 9 (no class 1/19)
- March 2 - March 30
- May 4 - June 8 (no class 5/25- Memorial Day)
- July 6 - August 3
- September 7 - October 5
- November 2 - November 30

**Class Fee**: $86

**Weekend Program:**
Friday 6 -9 pm & Saturday 8:30 - 4:30 pm
- January 30 & 31
- March 27 & 28
- May 15 & 16
- July 24 & 25
- September 18 & 19
- November 20 & 21

**Class Fee**: $116

**Refresher Series:**
Mondays 6:30 - 8:30 pm
- January 5 - 26 (no class 1/19)
- March 2 - 16
- May 4 - 18
- July 6 - 20
- September 7 - 21
- November 2-16

**Class Fee**: $54

**Location for all classes:**
Upstate Community Campus
4900 Broad Road, Syracuse
Classroom A&B

**Directions**: Park in the garage. From the second level of the garage take walkway over to the Physician Office Building North. Take the elevator from the Physician Office Building- North to the basement level. Follow signs to Classroom A&B in the basement of the main hospital.