

**Tuesday, October 19**

- Breastfeeding Class - 5:30pm

**Saturday, October 23**

- Childbirth Education Class - 12:00pm

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**Breastfeeding Class**

**Time:** 5:30pm

Breastfeeding doesn't have to be hard. It takes knowledge and practice to be successful. Starr Regional Medical Center offers classes for women who are expecting or recently had a baby to help them learn how to breastfeed successfully. This is not a class just for first-time moms, it is open to all moms interested in learning more about breastfeeding.

Classes are led by healthcare professionals and are free to parents planning to deliver at Starr Regional Medical Center. The class is one session, and is offered Tuesdays from 5:30 – 8 p.m. and Saturdays from Noon – 2:30 p.m. at Starr Regional Medical Center - Athens in the Conference Room. A light snack will be provided. See our complete schedule of classes to find a date that works best for you. **Pre-registration is required.**

## 2021 Class Schedule

**Tuesdays 5:30 - 8 p.m. & Saturdays Noon - 2:30 p.m.**

Saturday, **January 16**  
Tuesday, **February 16**  
Saturday, **March 6**  
Tuesday, **April 20**  
Saturday, **May 22**  
Tuesday, **June 22**  
Saturday, **July 17**  
Tuesday, **August 10**  
Saturday, **September 25**  
Tuesday, **October 19**  
Saturday, **November 6**

**You may register by completing the registration form found below, calling (423) 744-3280 or emailing [strrbabies@lpnt.net](mailto:strrbabies@lpnt.net). Please include your name and contact information - phone number and email address - as well as the date of the class you would like to attend.**

**[Click here to download a class schedule.](#)**

**Childbirth Education Class**

**Time:** 12:00pm

Starr Regional has designed a series of classes to help expectant parents get ready for the physical, emotional and lifestyle changes that come with having a baby. The classes provide the information and reassurance that is especially helpful during pregnancy. You may choose to attend classes offered in two sessions on Tuesdays from 5:30 - 7:30 p.m. or a one-session Saturday class from Noon - 4 p.m. See our complete schedule of classes below. **Pre-registration is required.**

**Tuesday Classes**

You must attend both sessions.  
5:30 - 7:30 p.m.

- January 12 & 19, 2021
- March 23 & 30, 2021
- May 11 & 18, 2021
- July 13 & 20, 2021
- September 14 & 21, 2021
- November 2 & 9, 2021

**Saturday Classes**

This class is one session only.  
12 - 4 p.m.

- February 13, 2021
- April 10, 2021
- June 19, 2021
- August 14, 2021
- October 23, 2021

[Click here to download a copy of the class schedule.](#)

All classes take place in the Conference Room on the Athens Campus of Starr Regional Medical Center. The Conference Room is located just past the main lobby (go right once inside the doors) on your left. Please register for the classes as early as possible. For more information or to register, call (423) 744-3280 or email [strrbabies@lpnt.net](mailto:strrbabies@lpnt.net).