

Congratulations on Your Pregnancy!

You've taken the first steps toward a healthy baby by selecting the most experienced, skilled and compassionate OB team to stand by your side during every phase of your pregnancy. Our board-certified physicians, certified nurses, friendly office staff and certified educators encourage you to take advantage of our classes listed in this brochure. They're designed to promote the health and well-being of you, your baby and your entire family as you prepare for the exciting times ahead. And, don't forget to take time for yourself.

In fact, why not treat yourself to a prenatal massage at our very own Medical Spa? You can call **863-904-6204** or schedule an appointment online at www.WatsonClinic.com/Spa.

We are honored and privileged to be part of your pregnancy and birth plan, and we hope to exceed all of your expectations. Relax and enjoy!



WatsonClinic.com/OB-GYN

WATSON CLINIC^{LLP}

Obstetrics & Gynecology

Delivering the Personalized Services You Expect at Three Convenient Locations.

To schedule an appointment with an OB-GYN physician, please call **863-680-7243**.



Watson Clinic Bella Vista Building
1755 N. Florida Ave. • Lakeland



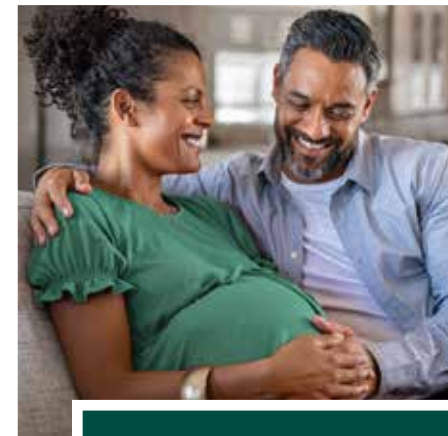
Watson Clinic Highlands
2300 E. County Road 540A • Lakeland



Watson Clinic Bartow Building B
2000 Osprey Blvd. • Suite 201 • Bartow

Education classes are provided exclusively for established Watson Clinic OB-GYN patients. To reserve your seat for one of these classes, go to WatsonClinic.com/Events or call **863-393-9475** for more information.

For information on Watson Clinic's Pediatric department, go to WatsonClinic.com/Pediatrics.



WATSON CLINIC^{LLP}
Obstetrics & Gynecology



Education Classes for New Moms & Dads

Classes are exclusively provided for established Watson Clinic OB-GYN patients and pre-registration is required.



Serving the Healthcare Needs of Central Florida Since 1941

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Pregnancy & Childbirth

Join us for a class designed to prepare couples for the miracle of childbirth. This course will cover various concerns experienced during pregnancy, labor and delivery, as well as ways to deal with pain, breathing techniques, medications and helpful tips for the support person.

Please go to www.WatsonClinic.com/Events to see class sessions, dates & times.

Watson Clinic Professional Center

1430 Lakeland Hills Blvd. · 4th Floor · Lakeland
\$50 per couple (Workbook included)

Patients should be at least 28 weeks pregnant to begin this class.

Caring for your Newborn

This 3-hour class, taught by a licensed registered nurse (RN), is designed for expectant parents and will cover basic newborn care including:

- **Newborn behavior**
- **Well-care for new baby**
- **Changing and bathing your baby**
- **Plus much more!**
- **Feeding your baby**

Please go to www.WatsonClinic.com/Events to see class sessions, dates & times.

Watson Clinic Professional Center

1430 Lakeland Hills Blvd. · 4th Floor · Lakeland
\$25 per couple (Workbook included)



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Breastfeeding Basics

This 3-hour class is taught by a licensed registered nurse (RN) and certified breastfeeding educator.

Topics to be covered include:

- **Why breastfeed?**
- **Best positions & latching on**
- **Milk production & pumping**
- **Schedules vs. feeding on demand**
- **Are they getting enough?**
- **Answers to common questions**

Please go to www.WatsonClinic.com/Events to see class sessions, dates & times.

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Two Class Combo Special

Enroll in both "Caring for Your Newborn" and "Breastfeeding Basics" classes on the same day for only \$30!

Register online at www.WatsonClinic.com/Events for any of the classes or call 863-393-9475 for more information.

Class sizes are limited to a maximum of 10 couples and a minimum of 3 couples.