



**KentuckyOne Health
Obstetrics and Gynecology Associates**

KentuckyOne Health Obstetrics and Gynecology Associates is designed specifically for full service Obstetrics and Gynecology. Their new modern space allows them to expand their commitment to providing the highest quality care to their female patients. The practice is now located conveniently right next door to the hospital to help moms-to-be deliver their babies at Flaget Birth Center!

Flaget Birth Center

At the Flaget Birth Center, our specialists provide the best possible care to ensure your newborn arrives full-term and healthy.

Flaget offers you private birthing suites equipped with advanced fetal monitoring systems, and plenty of room for the whole family. New parents enjoy the same comfy suite for their entire stay.

See for yourself. Treat your new arrival to our dedicated team and our proven, award-winning care.



KentuckyOne Health®

**KentuckyOne Health
Obstetrics and Gynecology Associates**
*(Formerly known as **Women's Care of Bardstown**)*

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Flaget Birth Center
P 502.350.5350

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Prenatal Educator and Instructor
P 502.350.5029



To take a virtual tour of the Birth Center, visit
[KentuckyOneHealth.org/flagetmaternityeducation](https://www.kentuckyonehealth.org/flagetmaternityeducation).

*Providing women with compassionate care
from adolescence through retirement.*

Maternity Education

Maternity Education Classes

Flaget's Birth Center staff would like to congratulate you on your wonderful news.

We hope this will be a joyous event in your life. To help you accomplish that, Flaget is proud to present a series of classes related to your pregnancy and your baby.

We would also like to inform you of what the Birth Center has to offer:

- LDRP Suites
(Labor, Delivery, Recovery and Post-partum Suites)
- Birthing Beds
- Central Monitoring System
- Level One Nursery
- Modified Rooming In
- Infant Abduction Security System
- High-speed Internet Access in Suites
- DVD Player in Suites



To help you prepare for the new addition to your family, Flaget offers the following selection of classes. We hope you will take advantage of these courses.

Birth with Confidence

The Birth with Confidence childbirth course is both interactive and informative. Your instructor will thoroughly explain what you can expect during pregnancy, birth and beyond. Birth with Confidence can help you have the best pregnancy, birth and early parenting experiences! Childbirth classes are no longer just about breathing. They're about taking the mystery out of childbirth and giving you the confidence to labor.

TOPICS

- Planning for Birth
- Signs of Labor/Contractions
- Process of Labor
- Role of Your Support/Partner
- What is Pain?
- Relaxation Techniques
- Supportive Birth Environment
- Interventions
- Comfort Measures
- Positioning
- Cesarean Section
- Post-partum and Your Baby
- Breastfeeding

When | Six-week course on Mondays | 7-9:15 p.m.

Where | Nazareth Conference Room, 1st floor
Flaget Memorial Hospital

Cost | \$40

Registration | 502.350.5029

What to Expect

This class is intended as a refresher course for moms, dads and support persons. You may attend any time during pregnancy.

TOPICS

- Nutrition
- Exercise
- Labor Process
- True vs. False Labor Delivery
- Common Complications
- Fetal Development

When | Third Tuesday of each month | 6-7 p.m.

Where | Birth Center at Flaget Memorial Hospital

Cost | No Charge

Registration | 502.350.5350

Breastfeeding Education

A lactation counselor offers a class designed to encourage and promote healthy breastfeeding.

TOPICS

- Benefits of Breastfeeding for Mom and Baby
- Nutrition
- Positioning
- Latching Techniques
- Pumping Breast Milk
- Engorgement

When | Second Wednesday of each month | 7-9 p.m.

Where | Birth Center at Flaget Memorial Hospital

Cost | No Charge

Registration | 502.350.5350