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Good Shepherd Medical Center Introduces an Online Childbirth Class

LONGVIEW, TEXAS – January 12, 2017 – Good Shepherd Medical Center is offering a new online childbirth class for expectant families. The internet-based program is a convenient alternative for those who are unable to attend an on-site class.

The user-friendly program guides expectant parents through quality, evidence-based information at their own pace. Families will learn about the stages of labor, comfort techniques, common medical procedures, including epidurals and cesareans and newborn and postpartum care. Engaging videos, personal birth stories, 3D animations, games and activities make learning easy and fun.

Perfect for PC or Mac users, all that's needed is internet access (high-speed is recommended). Once registered, parents will receive an access code and additional information. This online program will be accessible to parents for 30 days following their initial login.

The cost for the online childbirth class is \$65 and includes admission to Good Shepherd's Planning to Breastfeed on-site class. For more information or to register, call (903) 315-5569. To learn more about additional family education opportunities at Good Shepherd, visit gsmc.org.

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About Good Shepherd Medical Center

Good Shepherd Medical Center is the area's preferred hospital with a strong history and reputation for providing high quality, compassionate medical care. Established in 1935, Good Shepherd is a non-profit, full service, acute-care, 425-bed regional referral center featuring a Level III Trauma Center, Primary Stroke Center, Accredited Chest Pain Center, Level IIIa Neonatal Intensive Care Unit and 24/7 neurosurgery and cardiac cath lab services.