

Casa Grande Regional Medical Center

Active Medical Staff in OB/GYN, Pediatric, Family and General Practice

Obstetrics & Gynecology

Southwest Center for Women's Health

Philip Ivey, MD
1829 E. McMurray Boulevard
Casa Grande, AZ 85122
520-836-0933

Desert Saguaro Medical Associates

Francis Salisbury, MD
1828 E. Florence Boulevard
Building C, Suite 142
Casa Grande, AZ 85122
520-876-4881

Sunlife Family Health Center

Joseph Edwards, MD
Eddie Estrada, MD
Carey Leeds, MD
Ann Terai, MD
1856 E. Florence Boulevard
Casa Grande, AZ 85122
520-836-3446

Pediatrics

Cottonwood Medical Center

LaTrecia Herring, MD
Douglas Parkin, MD
Michael Ridge, MD
Natalie Teng, MD
560 N. Camino Mercado, #7
Casa Grande, AZ 85122
520-836-5538

Sunlife Family Health Center

Maria Mylene Abad, MD
1856 E. Florence Boulevard
Casa Grande, AZ 85122
520-836-3446

Family & General Practice

Casa Grande Family Physicians

Aniceto Gonda, MD
1760 E. Florence Boulevard, Suite 260
Casa Grande, AZ 85122
520-836-3600

Center for Family Health

Franklin Baroi, MD
1828 E. Florence Boulevard
Building C, Suite 137
Casa Grande, AZ 85122
520-876-4119

Center for Family Medicine

Carl Fosdick, MD
301 E. Cottonwood Lane, Suite 2
Casa Grande, AZ 85122
520-426-1400

RightWay Healthcare

Patrick Flyte, MD
1864 E. Florence Boulevard
Casa Grande, AZ 85122
520-876-5000

Sunlife Family Health Center

Francisco Amaya-Pinto, MD
1284 N. Arizona Boulevard
Coolidge, AZ 85128
520-723-9131

Sunlife Family Health Center

Daniel Chung, MD
Deborah Hudak, DO
865 N. Arizola Road
Casa Grande, AZ 85122
520-836-3446

(Physicians listed here are on Active Medical Staff. Active Staff does not guarantee Nursery privileges.)

Casa Grande Regional Medical Center



CHILDBIRTH PREPARATION CLASSES

2010 Class Dates

<u>Day</u>	<u>Date</u>	<u>Time</u>
Saturday	Jan. 9, 16, 23	9:00 a.m. — 12:00 noon
Monday	Feb. 8, 15, 22	6:30 p.m. — 9:30 p.m.
Saturday	March 6, 13, 20	9:00 a.m. — 12:00 noon
Monday	April 5, 12, 19	6:30 p.m. — 9:30 p.m.
Saturday	April 24, May 1, 8	9:00 a.m. — 12:00 noon
Saturday	June 5, 12, 19	9:00 a.m. — 12:00 noon
Saturday	July 10, 17, 24	9:00 a.m. — 12:00 noon
Monday	Aug. 9, 16, 23	6:30 p.m. — 9:30 p.m.
Saturday	Sept. 18, 25, Oct. 2	9:00 a.m. — 12:00 noon
Monday	Oct. 11, 18, 25	6:30 p.m. — 9:30 p.m.
Saturday	Oct. 30, Nov. 6, 13	9:00 a.m. — 12:00 noon
Monday	Nov. 15, 22, 29	6:30 p.m. — 9:30 p.m.

(Registration is for the series of three classes.)

NO CHILDBIRTH CLASSES OFFERED IN DECEMBER
Register for classes by leaving a message on the Childbirth Education Hotline:
520-381-6543. Someone will return your call within 14 days.
(Dates are subject to change; please call ahead for verification.)

Why are Childbirth Preparation classes important?

The words "childbirth" and "labor" often trigger a variety of emotions, including relief that the pregnancy will finally be over, anticipation of the joy and responsibility of parenting, and hopes for the new baby. They may also bring on fear of pain, uncertainty that something may go wrong, or just anxiety of the unknown. In Childbirth Preparation Class, our purposes is to give you knowledge, tools, and techniques to help you face your "labor day" with confidence. During the class series, you will learn about:

- What to expect during your hospital stay.
- Your body in labor and birth.
- Choices and options for yourself and your newborn.
- Teamwork: how you and your support person(s) can be active participants in your baby's birth.
- Labor comfort techniques.
- Labor medications and epidurals.
- Cesarean sections.
- Your newborn's first few days.
- You body after childbirth
- Relaxation, visualization, imagery.
- Breathing exercises for labor.

You will also be given a tour of CGRMC Labor and Delivery Department.

How do I get registered?

- Choose a class from the schedule which will end two to six weeks before your due date.
- Call the Childbirth Education Hotline at 520-381-6543 to leave your name, phone number, due date, and desired class dates. Your call will be returned within 1-2 weeks to complete the registration.
- Please inquire about the class fee at time of registration. All fees are non-refundable.
- AHCCCS members receive the class as a benefit of the health plan. Please present your enrollment card at the first class.
- Class size is limited so call early in your pregnancy to register.
- We encourage you to bring a support person with you to each class. This person should be the one who will be with you during labor, if possible.
- Class are held in the CGRMC Education Center (across from the cafeteria). Please be on time.

What do I need to bring to class?

- Your support person
- Two large pillows
- A blanket or sheet (optional)
- AHCCCS card

Refreshments and educational materials are provide at each class.