

### Intrapartum Expectations

- ◆ Early signs of labor
- ◆ Expectation upon admission to Delivery Suite
- ◆ Breathing exercises during labor
- ◆ Epidural anesthesia
- ◆ Delivery process
- ◆ Skin-to-skin contact
- ◆ Newborn care in the delivery room

### Dates

- ◆ Tuesday March 27, 2018
- ◆ Tuesday June 26, 2018
- ◆ Tuesday September 25, 2018
- ◆ Tuesday December 18, 2018

**Venue:** Department of Obstetrics and Gynecology Conference Room, 8th floor, Phase I, Room W847

**Time:** 9 AM

### Breastfeeding

- ◆ Why to breastfeed
- ◆ Mother milk composition
- ◆ When and how to breastfeed
- ◆ Breastfeeding positions

### Dates

- ◆ Tuesday February 27, 2018
- ◆ Tuesday May 29, 2018
- ◆ Tuesday August 28, 2018
- ◆ Tuesday November 27, 2018

**Venue:** Department of Obstetrics and Gynecology Conference Room, 8th floor, Phase I, Room W847

**Time:** 9 AM

### Lifestyle during Pregnancy

- ◆ Physiologic and emotional changes
- ◆ Lab tests and ultrasound
- ◆ Sex during pregnancy
- ◆ Working
- ◆ Medications
- ◆ Alcohol/Smoking
- ◆ Travel
- ◆ Blood pressure

### Dates

- ◆ Tuesday January 30, 2018
- ◆ Tuesday April 24, 2018
- ◆ Tuesday July 31, 2018
- ◆ Tuesday October 30, 2018

**Venue:** Department of Obstetrics and Gynecology Conference Room, 8th floor, Phase I, Room W847

**Time:** 9 AM

### Workshops

- ◆ Obstetrics Workshop: "My Path to Motherhood"
- ◆ Gynecology Workshop: "Women's Health Matters: Tips and Steps"

### Dates

- ◆ Saturday February 3, 2018
- ◆ Saturday September 29, 2018

**Venue and Time:** Phoenicia Hotel – 8:30 am - 1:00 pm

To attend, please register by:

- ◆ Calling +961-1-759619 or e-mailing the WHC ([womenshealthcenter@aub.edu.lb](mailto:womenshealthcenter@aub.edu.lb))

January 2018						
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February 2018						
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November 2018						
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December 2018						
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Lifestyle during Pregnancy

**“My Path to Motherhood”  
Obstetrics Workshop**  
Saturday February 3, 2018

Breastfeeding

HPV (Human Papilloma Virus)  
and Cervical Cancer  
February 20 and August 14, 2018.  
AUBMC, 8th floor, Phase I, Room W847

Intrapartum Expectations

**“Women’s Health Matters: Tips and Steps”  
Gynecology Workshop**  
Saturday, September 29, 2018

