Women’s Health Center
Educational Activities for Year 2018

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

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

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

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)
### 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