



FOR IMMEDIATE RELEASE: January 2, 2020

For more information, contact:

Ashley Gramann
HSHS Southern Illinois Division, Communications Manager
(618) 651-2588
ashley.gramann@hshs.org

Local HSHS Hospitals announce 2020 Prenatal Class Calendar

(BREESE, GREENVILLE, HIGHLAND, IL) – HSHS St. Joseph’s Hospital Breese, HSHS Holy Family Hospital in Greenville and HSHS St. Joseph’s Hospital Highland invite all moms-to-be and their support persons to join us for a variety of prenatal education classes in 2020.

Class topics include Prepared Childbirth, Breastfeeding Fundamentals, Know your Newborn, as well as education for new siblings to help everyone prepare for their family’s new addition.

All classes are taught by a registered nurse from St. Joseph’s Hospital Breese Women and Infants Center and take place at St. Joseph’s Hospital Breese, Holy Family Hospital Greenville or St. Joseph’s Hospital Highland.

“The overall goal for all of our prenatal education programs is to make sure moms and families maintain a healthy lifestyle throughout pregnancy and are as prepared as they can be for the delivery, as well as taking their baby home,” shared Melissa Pellizzaro BSN, RNC, Childbirth educator at St. Joseph’s Hospital. “We invite all expectant mothers to attend our educational classes, even if you haven’t yet decided where to deliver.”

St. Joseph’s Hospital Women and Infant Center offers a wide range of services for mothers and infants, including birth in spacious, modern labor and delivery suites, a nitrous oxide pain management program, a cesarean suite located within the unit, postpartum care with 24-hour rooming-in option available, and much more.

-MORE-

Informational tours of the Women and Infants Center are also offered by appointment to best fit into the schedules of busy families. Expectant parents may schedule a tour anytime by calling 618-526-5488. Tours are also included in the childbirth classes.

Additional services offered at St. Joseph's Women and Infants Center include neonatal nurse practitioners onsite 24/7 to care for your newborn, as well as a post-partum home health visit by a certified lactation consultant. Our level II nursery, equipped advanced telemedicine technology, can accommodate moderate-risk newborns who don't require intensive care, infants with low birth weight or mild to moderate respiratory distress at birth and babies transferred from level III (Tertiary Care) facilities.

To view all 2020 prenatal class dates and times visit any of our websites at stjoebreese.com, hshsholyfamily.org or stjosephshighland.org, to register for classes. To take a tour or to learn more, contact Melissa Pellizzaro at 618-526-5488 or Melissa.Pellizzaro@hshs.org. Registration for all classes is required.

HSHS St. Joseph's Hospital Breese, HSHS Holy Family Hospital in Greenville and HSHS St. Joseph's Hospital Highland are part of the Southern Illinois Division of Hospital Sisters Health System, which also includes HSHS St. Elizabeth's Hospital in O'Fallon and HSHS St. Anthony's Memorial Hospital in Effingham.

###

About Hospital Sisters Health System

Hospital Sisters Health System's (HSHS) mission is to reveal and embody Christ's healing love for all people through our high quality, Franciscan health care ministry. HSHS provides state-of-the-art health care to our patients and is dedicated to serving all people, especially the most vulnerable, at each of our 15 Local Systems and physician practices in Illinois (Breese, Decatur, Effingham, Greenville, Highland, Litchfield, O'Fallon, Shelbyville, and Springfield) and Wisconsin (Chippewa Falls, Eau Claire, Oconto Falls, Sheboygan, and two in Green Bay). HSHS is sponsored by Hospital Sisters Ministries, and Hospital Sisters of St. Francis is the founding institute. For more information about HSHS, visit www.hshs.org. For more information about Hospital Sisters of St. Francis, visit www.hospitalsisters.org.