

Don't forget the Women's Services Unit offers three great classes for parents!

Not Your Mama's Birth Class:

We all know having a baby isn't easy. This class will help you and your support person prepare for that special day. It includes labor, delivery, newborn, and breastfeeding education.

Baby Boot Camp:

This camp will whip you in to shape when it comes to baby care. Whether you are a parent, grandparent, or family member needed a refresher, we will have you feeling like a baby pro at the end of this class.

Supermom's Breastfeeding

Support Group:

We all know breastfeeding has its challenges, and this group will let you know that you are not alone. Mothers will come together, share experiences, and assist each other. This class will be lead by our certified breastfeeding specialist, Josie RN.

All classes are free to attend. Just call the unit to sign up!



**Golden Plains
Community Hospital**

100 Medical Drive
Borger, TX 79007
Phone: 806-467-5700
goldenplains.org

***"Quality Care-
Where You Live"***

Individuals interacting with Golden Plains Community Hospital or any clinic owned and operated by Golden Plains will be protected from discrimination in health care on the basis of race, color, national origin, age, disability and sex, including discrimination based on pregnancy, gender identity and sex stereotyping.

**The Golden Plains
Community
Hospital
Women's
Services Unit**

Great care for every generation



**806 - 467 - 5750
100 Medical Dr.
Borger, TX 79007**

The Women's Services Unit offers a family-friendly environment centered around providing the best care to our patients.

Our GYN patients can receive all the following services and quality care!

- Gynecology Services
- Hysterectomy Services
- D&C Services
- Diagnostic Procedures
- Bladder Suspension



Your baby will enjoy all the routine care and more!

- Hearing Screening
- IV Therapy
- Lab Testing
- Respiratory Therapy
- Breastfeeding assistance
- Congenital Heart Screening
- Breastfeeding Support Group

As an OB patient you will enjoy all the following services and much more!

- Skin to Skin at birth
- Birthing Suite
- Rooming-in with infant
- Fetal Monitoring
- Ultrasound Services
- Epidural Services
- Highly trained nursing staff (AFM, NRP, STABLE)
- Child Birth Classes
- Baby Boot Camp

