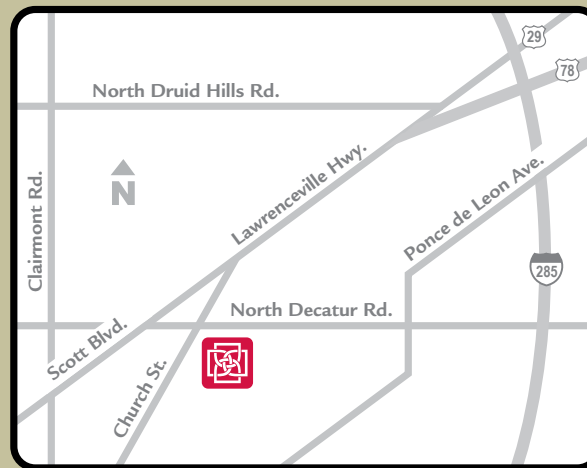




About DeKalb Medical at North Decatur

When you have your baby at DeKalb Medical, you'll have the peace of mind of knowing you are delivering at a hospital that has been ranked in the Top 5% of all U.S. hospitals for Clinical Excellence by HealthGrades® for two years in a row (2009-2010). Our commitment to providing you with top quality care is also reflected in our ranking as one of the top 10 hospitals in Georgia for critical care.



DeKalb Medical
North Decatur

DeKalb Medical at North Decatur
2701 North Decatur Rd.
Decatur, Georgia 30033

404.501.WELL

www.dekalbmedical.org

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Maternity Services



DeKalb Medical
North Decatur

www.dekalbmedical.org

Pushing Beyond[®]

Welcome to Our Maternity Center



We know having a baby is one of the most special times in your life, and selecting the right hospital is essential. As the preferred destination for some 6,000 Atlanta moms a year, we're prepared for every type of delivery with advanced technology and 24/7 onsite anesthesiologists, obstetricians and neonatologists who are supported by a highly skilled nursing staff, perinatologists and pediatricians.

Housed inside one of the nation's top hospitals, the Maternity Center at DeKalb Medical at North Decatur offers sophisticated technology alongside the soothing touches of home and hearth.

From the stone fireplaces in our atrium to our Labor & Delivery and Mother/Baby suites, each room is designed to help you rest and recover in privacy and peace. Featuring hard wood floors, window seat couches, luxurious private baths and wireless high speed Internet, we've thought of everything to ensure your delivery is an exceptional experience.

Post-Delivery

Baby Talk

This group offers support for breastfeeding mothers and is led by a board-certified lactation consultant. The group meets Thursday from 11 a.m. to noon in classroom 3040. No registration is required.

New Parents Group

This support group offers camaraderie and information of interest to new mothers. Babies welcome! For more information call **404.501.WELL**.

Staying in Shape

DeKalb Medical's 18,000 square foot wellness center with indoor pool, track and cardio-room are ideal for maintaining optimal health throughout your pregnancy and afterwards. The Center offers a variety of classes and educational programs that are customized to meet the wellness needs of new and expectant mothers.

Prenatal Toning, Fitness & Yoga Combo

This specially designed combo class gives you a taste of everything. We start out with 20 minutes of aerobic, cardio and strength training. That's followed by 20 minutes of stability/birthing ball exercise. The class finishes with a 20-minute yoga cool-down including relaxation, stretching and meditation.



Pregnancy Water Aerobics

The pool is where a pregnant woman wants to be! This fun aqua workout will tone your body by using the water for resistance training. Additional benefits include your body feeling lighter and cooler and a reduction in swelling.

Pregnancy Yoga

Take the time to center, connect and focus on yourself and your baby. Stretch and soothe your sore back, shoulders and legs. Learn to relax, breathe and meditate in preparation for the big day. No yoga experience is necessary, but if you practice yoga regularly, you'll love our challenging modified poses.

Mom and Baby Pilates

Get your tummy back into shape and build core strength. This class develops abdominal muscle strength, increases flexibility, improves balance and coordination, helps with relaxation and teaches deep breathing techniques. Throughout the class, you'll have the option of involving your baby in the movements.



For more information or to schedule a tour of the Maternity Center, please call **404.501.WELL** or visit us at www.dekalbmedical.org