

FREE

2020 Prepared Childbirth Classes



Expectant mothers and their support person attend this **ONE-DAY** class together to prepare for the birth of their child. All aspects of pregnancy and childbirth are covered, including

- Body changes
- Labor & birth
- Pain management
- Cesarean birth
- Breastfeeding basics
- Postpartum adjustment
- Newborn care, nutrition, and safety

CLASSES ARE 9 AM TO 4 PM IN THE JMH WALCHLI ROOM ON THE FOLLOWING SUNDAYS:

**February 9th ♦ April 5th ♦ June 14th
August 9th ♦ October 4th ♦ December 13th**

Register by calling Barb at (585) 596-4025

Childbirth classes are recommended for pregnant women at approximately 30 weeks gestation.



Class presented by Certified Childbirth Educators Kylee and Emily.
Snacks and Lunch will be provided.



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