

FREE 2021 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

**9 AM TO 4 PM • WELLSVILLE AMERICAN LEGION
23 JEFFERSON STREET IN WELLSVILLE**

One-Day Class on the following Sundays:

March 21st • May 16th • July 11th • September 19th • November 14th

Register by calling Barb at (585) 596-4025.

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

For more information, talk to your provider.

Class presented by

Certified Childbirth Educators Kylee and Emily.
Snacks & Lunch will be provided.



JONES
MEMORIAL HOSPITAL