

FREE

2022 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:

February 20th • April 24th • June 26th

August 28th • October 23rd

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 & Lunch will be provided.