

# FREE

## 2024 Prepared Childbirth Classes



**E**xpectant 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:**

**January 28 • March 10 • May 19 • July 28 •**

**September 29 • November 24**

**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 Educator, Emily  
Snacks & Lunch will be provided.

