

2025 PREPARED CHILDBIRTH CLASSES

ONE DAY CLASS

Expectant mothers and their support person can attend this **ONE-DAY FREE** 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

**January 26 | March 30 | May 18 | July 13 |
September 28 | November 23**
9am - 4pm

COST: FREE!

3rd Floor MEDICAL VILLAGE | 191 N. Main St | Wellsville



Call Barb to register: (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



JONES
MEMORIAL HOSPITAL