

## 2018 Havasu Regional Childbirth Education Classes

HRMC is happy to provide Childbirth Education classes. You need to find a class that begins between your 24<sup>th</sup>-30<sup>th</sup> weeks of pregnancy. If there is not a class available during that time, don't worry- you are welcome any time after your 24<sup>th</sup> week. Space is limited in these classes so please register as soon as you can.

Time of class: 8am-5pm with Lunch break for 1 hour

Dates: February 7, 2018      April 14, 2018  
June 9, 2018              August 18, 2018  
October 20, 2018        December 1, 2018

Where: the HRMC Learning center located at 1785 McCulloch Blvd (next to the HRMC Surgery center-Entrance is in the back of the building)

Instructors: Kendra Bell RN, BSN, CCE  
Alicia Maxwell RN, CCE

Cost: Free

How to register:

You must email the address below with your name, phone number, preferred class date and baby's due date prior to the start of class

[childbirtheeducation14@yahoo.com](mailto:childbirtheeducation14@yahoo.com)

What to expect:

Labor and Delivery information      Hospital Tour

Postpartum information              Newborn care

Breastfeeding tips

Comfort techniques including breathing and relaxation exercises for labor

Wear comfortable clothes because you will be on the floor for part of the class

What to bring: Coach, pillow, blanket or floor mat, bottle of water and snacks