



Prenatal Education
Childbirth Preparation Classes
2016

Dear Expectant Parents,

First of all congratulations to all! Welcome to Childbirth Education. You need to find a class that begins between your 24th-28th weeks of pregnancy. If there is not a class available during that time of your pregnancy, don't worry, you are welcome at any time after your 24th week. You must RSVP for a class before the start date by e-mailing your name, phone number, preferred class date and baby's due date to the e-mail address or phone number below. Space is limited so please let me know you will be there.

The classes are held approximately every fifth Saturday of the year. We will cover hospital tour and orientation, labor and delivery information, techniques including breathing and relaxation exercises, postpartum and newborn care, and breastfeeding information. The classes are offered on Saturday's only (dates listed below) from 8:30 AM to around 5 PM. There is no charge for the class at this time.

Please bring your coach, a pillow, blanket (or floor mat), bottle of water and snacks. Wear comfortable clothes because we will be on the floor for part of the class. We will have at least an hour lunch break in the middle of the day. Classes are held in the Learning Center located at 1785 McCulloch Blvd. The building is located across the street from the main hospital. Go out the main entrance of the hospital and turn right on Mesquite Ave, and take a left on Library Way to access the Learning Center. For RSVP's, questions, concerns or further information e-mail Kendra at childbirtheeducation14@yahoo.com or call 928-855-5797 and leave a message. I will return your call ASAP. Thanks for your interest and participation, and enjoy your journey through prepared childbirth.

Class Schedule

January 9	April 16	July 16	October 29
February 20	May 14	August 27	December 3
March 12	June 11	September 24	