



To register call
928.522.9414
or ask during your
prenatal appointment.



Classes are the
1st & 2nd Mondays
of each month
4:00 - 6:00pm

PREPARED CHILDBIRTH CLASSES

North Country HealthCare is pleased to present a **FREE** childbirth preparation program for expectant mothers and their partners. The few short hours you spend in Childbirth Education will empower you as you move through this new chapter of your life.

DETAILS:

- Experts suggest taking a childbirth education class between your 28th & 36th week of pregnancy.
- A support person of your choice is welcome, but not required.

LEARN ABOUT:

- Birth options: natural & medicated
- Medical interventions & comfort measures during labor
- Delivery & immediate postpartum period for you & baby

Classes are held
in the
Community Room at
North Country
HealthCare
2920 N. 4th Street



This is a hands-on
experience!
Wear comfortable
cloths & bring
two pillows.