



FREE
Childbirth
Education
CLASSES



Childbirth Education Classes at Northern Inyo Healthcare District

AVAILABLE TO ALL PREGNANT WOMEN AND THEIR SUPPORT

This series of 4 classes will run over two consecutive weeks on Wednesdays and Thursdays, starting in March, then every other month. Class time is 6-7:30 pm.

2017 CLASSES

MARCH 1-2, 8-9

MAY 3-4, 10-11

JULY 5-6, 12-13

SEPT. 6-7, 13-14

NOV. 1-2, 8-9

Join us for this instructional 2 week series created to educate and empower women and their birthing partners. Taught by experienced labor and delivery RNs and Certified Childbirth Educators, you will be expertly guided in your learning. Whether you are expecting your first baby or third, these interactive, lively and informative classes will help you get ready for a memorable birthing experience.

Over the course of 2 weeks, we will be discussing and practicing the following:

- **Body conditioning**
- **Relaxation**
- **Birthing techniques**
- **When to come to the hospital**
- **Pregnancy warning signs**
- **Labor and delivery**
- **Cesarean birth**
- **Recovery and Breastfeeding**

This class series is offered for FREE!
¡Cursos en Español!



Located at the RHC Annex, 153 Pioneer Lane in Bishop
For registration, please call Megan at (760)873-2191 or email NEST@NIH.org