

Childbirth and You

Prenatal classes at Center for Women's Health

Are you expecting?

Come to our Lansdale office and enjoy an evening of education for you and your support person. Here are some topics that you may learn about:

- ❖ information about the process of labor and childbirth
- ❖ what-to-expect details of medical procedures and intervention/C-section
- ❖ advice on relaxation techniques
- ❖ a guide to pain relief choices
- ❖ the chance to learn and try out massage skills and breathing techniques
- ❖ the time to ask questions and rehearse the possible decisions you may have to make during the course of your labor
- ❖ some indication of the changes you might experience after the birth and in early parenthood

Cost: \$85 for 4 classes

Thursdays

- April 4
- April 11
- April 18
- April 25

Thursdays

- May 2
- May 9
- May 16
- May 23

Thursdays

- June 6
- June 13
- June 20
- June 27

Thursdays

- July 25
- August 1
- August 8
- August 15

❖ Classes held from 6:00 - 9:00pm