

# Childbirth Preparation Class



Childbirth Preparation - an online Zoom class.

## 2022 Classes:

9am - 3pm

January 15	July 9
February 19	August 13
March 19	September 24
April 9	October 8
May 14	November 19
June 18	December 10

The Childbirth Preparation Class prepares expectant families for birth. Some topics covered include:

- Last stages of pregnancy and the childbirth process
- Relaxation, breathing, and “coaching” techniques
- Post-partum, breastfeeding, and newborn care

## Zoom Information:

The link for the class will be emailed to you after you are registered for the class.

*There is \$10 fee to attend this class and registration is required. To register, contact Dawn Arnsberg by email at [Dawn.Arnberg@dignityhealth.org](mailto:Dawn.Arnberg@dignityhealth.org) or by phone at 209.564.5285 or 209.617.8003.*