

Childbirth Preparation Class



Childbirth Preparation - an online Zoom class.

2023 Classes:

9am - 3pm

January 14	July 15
February 11	August 12
March 18	September 9
April 15	October 14
May 13	November 18
June 3	December 9

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 or by phone at 209.564.5285 or 209.617.8003.