

Childbirth Preparation

Classes are held one Saturday per month from 2PM-5:30 PM

For additional information or to register, please call:
602-739-9361

COST is \$75 and includes:

Registration, materials, instruction and a catered lunch.

★ Payment due on the day of class ★
CASH ONLY

CLASS GOALS

- To help you adapt to the labor process through learned skills and technique.
- To help you achieve your maximum potential and develop body awareness through education and training of specific muscle groups.
- To assist you in your first year at home with new family through education and practical skills.
- To present information in a timely manner.

PRESENTED BY

Loretta Nevarez-Kells, Nurse Practitioner
Certified Childbirth Educator ICEA 28 Years

Focused, Consolidated Saturday
Classes for Busy, Expectant Parents

AGENDA

- 2:00-2:15 Welcome & Lunch
2:15-3:30 Introduction to Labor & Delivery, nutrition for labor, breathing techniques, video "Comfort Techniques", survival tips for the last trimester, designing your delivery experience, & medications during labor.
3:30-3:45 Break
3:45-4:00 Video "Have a Healthy Baby Labor & Delivery", practice breathing techniques, video "Preparing for Cesarean Birth", after the baby's birth, surviving motherhood, & birth control options.
4:00-5:00 Newborns & breast feeding.
5:00-5:30 Hospital tour (Chandler Regional)

2011 CLASS SCHEDULE

(Remember these dates are all SATURDAYS)

January 15
February 19
March 19
April 16
May 14
June 11

July 16
August 13
September 10
October 8
November 12
December 3

LOCATION Today's Women's Health
Specialist Chandler Office