



Northern Arizona Healthcare

# Childbirth Education 2024 Classes

**Congratulations!**  
You are expecting a baby  
and it is an exciting time.

Join our labor and delivery nurses and certified, specially trained health care professionals for these in-person classes.

## **LABOR BASICS**

Dates of classes: Saturday, July 20, Aug. 10, Oct. 5  
9 a.m. - 5 p.m.

## **PREPARING FOR BIRTH SERIES**

Dates of classes:  
Mondays, Aug. 12, 19, 26 or Oct. 21, 28, and Nov. 4  
6 p.m. - 9 p.m.

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**928-773-2491**

Please contact the NAH Childbirth Education office to register.

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**Northern Arizona Healthcare Childbirth Education**  
Flagstaff Medical Center Education - 1000 N. Humphreys, Stes. 241-242