



# Childbirth Education Classes

Congratulations! You are starting an incredible journey as expecting parents. It is exciting but also full of unknowns. At Northern Arizona Healthcare, we want to give you the tools you need to focus on your health and the wellbeing of your baby and make the choices that feel best for your family.

## WHY TAKE A CHILDBIRTH CLASS?

- Expert instructors
- Meet other expecting parents
- Build confidence and reduce anxiety
- Practice comfort and breathing techniques
- Ask questions in a safe environment

**REGISTER HERE!**

or call  
928-773-2491

### CHILDBIRTH PREPARATION SERIES

**Wednesdays 5:30 – 8:30 p.m.**

Jan. 8, 15, 22 and 29

March 5, 12, 19 and 26

May 7, 14, 21 and 28

July 9, 16, 23 and 30

Sept. 3, 10, 17 and 24

Nov. 5, 12, 19 and Dec. 3

### BREASTFEEDING BASICS (ONLINE)

**Thursdays 6:30 – 8:30 p.m.**

Jan. 23

March 6

April 17

May 29

July 10

Aug. 21

Oct. 2

Nov. 13

