



# 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.

## REGISTER HERE!

or call  
928-773-2491

### PREPARING FOR BIRTH SERIES

**Mondays 6 – 9 p.m.**

Jan. 27, Feb. 3 and 10

March 17, 24 and 31

April 28, May 5 and 12

### LABOR BASICS

**Saturdays 9 a.m. – 5 p.m.**

Jan. 11

Feb. 1

March 22

April 27

May 17

### 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

### 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

