

Free Childbirth Classes

Epidural or not, class can help ease your fears



Topics include, but not limited to:

What is happening in labor?
Who will be in the room?
Why does it hurt?
How to time contractions
When to go to the hospital
Breathing technique
C-sections
Postpartum
Newborn Care & Breastfeeding
Dr. Harvey Karp's "Happiest Baby on the Block"

Classes are 4 Weeks Long
Tuesday Evening 6:30-8:30pm

2021 Dates Include:

June 8, 15, 22, 29
July 13, 20, 27, Aug. 3rd
August 17, 24, 31, Sept. 7
September 21, 28, Oct. 5, 12
October 19, 26, Nov. 2, 9
November 23, 30, Dec. 7, 14



Be sure you plan ahead so you will be able to attend all 4 classes before baby comes!

To Register Call 928-348-4089 | Classes will be held at MGRMC

MOUNT GRAHAM
REGIONAL MEDICAL CENTER
it's about our community