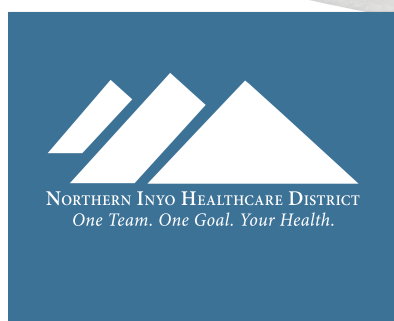




**FREE**  
Childbirth  
Education  
**CLASSES**



## Childbirth Education Classes

by Northern Inyo Healthcare District

### NOW MEETING VIRTUALLY

AVAILABLE TO ALL PREGNANT WOMEN AND THEIR SUPPORT

Childbirth Education  
In-person or Zoom

Saturday, December 10th

9:00 a.m. - 1:00 p.m.

For more information visit:  
[www.nih.org](http://www.nih.org) > Resources

**Join us!** Created to educate and empower women and their birthing partners. Taught by experienced labor and delivery RNs and Certified Childbirth Educators, you will be expertly guided in your learning. Whether you are expecting your first baby or third, these interactive, lively and informative classes will help you get ready for a memorable birthing experience.

**We will be discussing and practicing the following:**

- Relaxation and breathing
- Laboring positions
- Signs of labor and when to come to the hospital
- What to expect for Labor and Delivery
- Cesarean birth
- Recovery and breastfeeding
- Initial newborn care and procedures

Baby-Friendly USA  
*The gold standard of care*



To register, email NIHD Community Education at [communityeducation@nih.org](mailto:communityeducation@nih.org), call District Education at (760) 873-2138, or visit [nih.org](http://nih.org) > Resources > Community Classes