



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, March 11th

9:00 a.m. - 2:00 p.m.

For more information visit:
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, call District Education at (760) 873-2138, or visit nih.org > Resources > Community Classes