

2017 CHILDBIRTH EDUCATION CLASSES



Understanding Pregnancy

First and second trimester pregnancy
(0–27 weeks)

A variety of appointments are available to meet your needs. Please call (907) 729-2689 to register.

Topics include:

- Prenatal nutrition
- Prenatal exercise
- Fetal development
- Routine medical testing
- Ultrasounds
- Planning for baby
- Positive pregnancy planning

Snacks provided.

Birth Basics

A Saturday workshop for women in their third trimester of pregnancy (28–42 weeks)

Saturdays 10 a.m.–3 p.m. Saturday, Jan 7, March 4, April 1, May 6, June 3, Aug. 12. Sept. 9, Oct. 7, Nov. 4, and Dec. 2.

Topics include:

- Third trimester health
- Stages of labor
- Newborn care
- Breastfeeding
- Comfort techniques
- Pain medications

Lunch provided.

Hypnobirthing

Relaxation and visualization techniques for expectant mothers

Thursdays, 5:30–8:30 p.m.

Contact your prenatal care provider to register.

Topics include:

- Relaxation via self-hypnosis
- Breathing techniques
- Relaxation exercises
- Use of touch during labor
- Positions to use during labor

Snacks provided.

Breastfeeding support is available through your primary care team.

For more information or to register for classes, please contact:
Health Education
(907) 729-2689
southcentralfoundation.com



The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.