



Learning Circle Opportunity

Understand Birth e-Class

Can't attend Southcentral Foundation's Birthing Basics class on campus? Bring the class to you! Whether you work late or find yourself on bed rest for health reasons, the online childbirth education program is a great alternative to in-person classes.

Join the online class for information about your changing body, signs of labor, birth videos, comfort techniques, preparing for baby's arrival, breastfeeding, and more.

To register, call SCF Health Education or email scfhechildbirthonline@southcentralfoundation.com.

For more information, please contact:
Health Education
(907) 729-2689
southcentralfoundation.com

