



# Birthing Basics

## Third trimester pregnancy (28-42 weeks)

Over a series of two classes, learn about third trimester health, stages of labor, newborn care, breastfeeding, comfort techniques and pain medication. Classes available at the Southcentral Foundation (SCF) Benteh Nuutah Valley Native Primary Care Center Wellness Center (VNPCC) are free of charge and snacks will be provided.

*To participate, you must attend both classes. Please contact the SCF VNPCC Wellness Center for class details.*

For more information, please contact:

**Southcentral Foundation Benteh Nuutah  
Valley Native Primary Care Center Wellness Center  
(907) 631-7630**

[www.southcentralfoundation.com](http://www.southcentralfoundation.com)

