

WINTER/SPRING 2015

Childbirth Education Classes

Understanding Pregnancy

First and second trimester pregnancy (0-27 weeks)

Offered every second and fourth Tuesday of each month 11 a.m.-1 p.m.

Class topics include:

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

Snacks are provided.

Birthing Basics

Third trimester pregnancy (28-42 weeks)

Series of two classes offered first two Mondays of each month 3-5 p.m.

Class topics include:

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

Snacks are provided.

Breastfeeding Basics

Prenatal breastfeeding basics

Offered every first and third Tuesday of each month 11 a.m.-1 p.m.

Class topics include:

- How breastfeeding works
- Latching on and positioning
- When to feed your baby
- How much is enough
- Breast care
- Breastfeeding lifestyle

Snacks are provided.

All classes are free and held at the
Southcentral Foundation
Health Education and Wellness Center located
at 4201 Tudor Centre Drive Anchorage, AK 99508.
Please call (907) 729-2689 to register or for more
information.



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Prenatal Exercise

Exercise is an important component of a healthy pregnancy. Here are some options we offer:

- A variety of exercise classes, modifications can be made for pregnant women.
- One on one appointments with an exercise specialist for a customized workout.

** Registration not required for the exercise classes.*

** Please call to schedule an appointment with an exercise specialist.*

HypnoBirthing*

*Relaxation and visualization techniques for expectant mothers (28-32 weeks)
Series of four classes*

Thursdays 5:30-8 p.m.

Class topics include:

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

Bring your own snack and water.

** Participants must speak with their prenatal care provider before registering.*

Breastfeeding support is available through your primary care team once baby has arrived.

For more information and to register for any of these free classes, please contact the Southcentral Foundation Health Education and Wellness Center at (907) 729-2689. 4201 Tudor Centre Drive Anchorage, AK 99508



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