

Birthing Basics

For the third trimester of pregnancy (28 – 42 weeks)



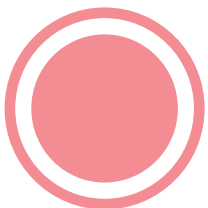
Description


In Birthing Basics, learn about third-trimester health, stages of labor, newborn care, breastfeeding, comfort techniques, and pain medication. Classes are free of charge and snacks will be provided. To participate you must attend both classes in the two-part series, or a full Saturday class. Prizes will be given at the end of each class series. Please contact the wellness center for class details.





See reverse for dates



1001 S. Knik-Goose Bay Road
Wasilla





Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630 | southcentralfoundation.com



January						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	 9	10	11	 12
13	14	15	 16	17	18	 19
20	21	22	23	24	25	26
27	28	29	30	31		

February						
S	M	T	W	T	F	S
					1	2
3	4	5	 6	7	8	 9
10	11	12	 13	14	15	 16
17	18	19	20	21	22	23
24	25	26	27	28		

March						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	 13	14	15	 16
17	18	19	 20	21	22	 23
24	25	26	27	28	29	30
31						

April						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	 10	11	12	 13
14	15	16	 17	18	19	 20
21	22	23	24	25	26	27
28	29	30				

 Class time from 11 a.m. – 1 p.m.

 Class time from 9 a.m. – 2 p.m.