



BIRTHING BASICS

Sept.
16 and 23

Oct.
14 and 21

2 - 4 p.m. | via Zoom

Birthing Basics is designed for women who are 28 to 42 weeks pregnant. In this virtual class, participants will learn about third-trimester health, stages of labor, newborn care, breastfeeding, comfort techniques, and pain management. This is a two-part series and both classes must be attended.

Please contact the *Benteh Nuutah* Valley Native Primary Care Center Wellness Center at (907) 631-7630 for class details and Zoom meeting instructions.

