



2022

# Childbirth Education Classes

## Understanding Pregnancy and Birth E-Classes

Southcentral Foundation offers a variety of e-classes covering topics ranging from understanding pregnancy and birth to understanding mother and newborn care, breastfeeding, and more.

**Topics include:**

- Exercise and nutrition
- Fetal development
- Routine medical testing
- Stages of labor
- Self-care
- Breastfeeding

To register, please call SCF Health Education at (907) 729-2689 or email [scfhedchildbirthonline@southcentralfoundation.com](mailto:scfhedchildbirthonline@southcentralfoundation.com).

**Health Education**  
(907) 729-2689  
[southcentralfoundation.com](http://southcentralfoundation.com)

