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.

Health Education
(907) 729-2689
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Southcentral Foundation