

Free Childbirth Class

Bring your labor support person
and 2 pillows and a blanket

Session One
Signs of Labor
Stages of Labor
Relaxation



Session Two
Positions
Breathing
Pain relief

Session Three
Postpartum care Newborn care Breastfeeding

Class is 3 sessions taught by
Certified Childbirth Educators
Rene Martz, RN, PHN, CCE and Lori Hardy, RN, PHN, CCE, IBCLC

Date: Thursday April 24th, May 1st and 8th

Time: 2:00 PM to 4:00 PM

**Place: Fresno County Department of Community Health
1221 Fulton Mall, Fresno, CA 93721, Room 120**

Call: Lydia Mendez HES at 445-3515 to sign up



County of Fresno
Department of Community Health
Maternal, Child and Adolescent Health
www.fresnohumanservices.org



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