

# St. Luke's Boise and Meridian Pregnancy and Childbirth Classes

Plan ahead – register early!

To sign up for a class or for more information, call St. Luke's Connect at (208) 381-9000  
For detail description of classes visit: [stlukesonline.org](http://stlukesonline.org) and search Pregnancy and Childbirth classes

## First Trimester (up to 14 weeks)

- \* Couples Yoga
- \* Intuitive Birth
- \* Prenatal Yoga
- \* Prenatal Water Aerobics

## First or Second Trimester (up to 24 weeks)

- \* CPR For Friends and Family

## Second Trimester (13 to 24 weeks)

- \* Baby Care Basics
- \* Breastfeeding Multiples
- \* Couples Yoga
- \* HypnoBirthing® Complete Natural Childbirth Preparation
- \* Marvelous Multiples
- \* Prenatal Yoga
- \* Prenatal Water Aerobics
- \* Birth Information Tour

## Third Trimester(25 to 40 weeks)

- \* Baby Care Basics
- \* Birthing Nature's Way
- \* Breastfeeding: Plan for Success
- \* Childbirth Preparation\*
- \* Childbirth Review: The Next Time\*
- \* Childbirth Review: The Next Time - Spanish\*
- \* Cesarean Birth\*
- \* Couples Yoga
- \* HypnoBirthing® Complete Natural Childbirth Preparation
- \* Intuitive Birth
- \* Milk Bank Depot
- \* Prenatal Yoga
- \* Prenatal Water Aerobics
- \* Sibling Preparation
- \* The Happiest Baby on the Block
- \* Yesterday's Parents - Today's Babies (For Grandparents)

## After Delivery \*Please register for this class during your second trimester.

- \* Parenting and Child Development Classes

The information provided in our Birth and Parenting classes is designed for general educational purposes only. If you have any concerns about your health or the health of your child, you should always consult with your physician or other health care professional.