



Women's Health *Associates*

BIRTH BASICS: A LAMAZE CHILDBIRTH CLASS SERIES:

Whether you're a first time or experienced parent, alone or with a partner, this fun and informative class series is for you!

You will enrich your knowledge of:

- The stages and signs of labor and birth;
- Comfort techniques and tools to ease the pain of childbirth;
- Pain medication options and how/when to best use them;
- Common technologies and interventions for labor and birth; and
- What you need to know about the baby's first hour of life after delivery.

This class series is best begun between 28-32 weeks. The cost is \$40.00 and covers two 2-hour classes and your home study materials. Partners are highly encouraged to attend, at no additional cost.

Classes are held on Tuesdays from 6pm to 8pm.

LATE SUMMER 2019 SERIES DATES

BOISE: AUGUST 6TH (PART 1), AUGUST 13TH (PART 2)

MERIDIAN: AUGUST 20TH (PART 1), AUGUST 27TH (PART 2)

BOISE: SEPTEMBER 3RD (PART 1), SEPTEMBER 10TH (PART 2)

MERIDIAN: SEPTEMBER 17TH (PART 1), SEPTEMBER 24TH (PART 2)