

Healthy Birth Initiatives

Childbirth Education Class

A Series of Four

Weekly Sessions in December



You are invited to attend and learn:

- Process of labor and birth
- Hospital routines and options
- Breathing and relaxation techniques
- Medication for labor/Cesarean birth
- The recovery process
- Breastfeeding/Newborn characteristics

Monday evenings from 6:00—7:00 p.m.

December 7th, 14th, 21st and 28th

Meeting ID: meet.google.com/iyb-yniv-kkr

Phone #: (US)+1 617-675-4444

PIN: 941 973 086 0506#

Call 503-988-3387 for more info.

