

BIRTH RIGHT

CHILDBIRTH CLASSES



In these seven information–packed classes you will learn:

- *Female reproductive anatomy and physiology*
- *How to give your baby a healthy start with preconception and prenatal nutrition*
- *How to cope with the discomforts of pregnancy*
- *Exercises for a healthy pregnancy and birth*
- *How to recognize the signs and stages of labor*
- *Natural ways to help ease the pain of labor*
- *The whys, hows, and when of breastfeeding*
- *How to recognize warning signs in pregnancy and newborns*
- *How to cope with postpartum depression*
- *And much more.*

Starting Wednesday, July 6, 2022 at 6:30 PM CAT

30-40 minute classes will be conducted every Wednesday via Zoom. The classes are open to all women who are interested, whether you are pregnant or not. Contact the educator below for more information or to register for the classes. The deadline for registration is June 29. Please register before that day.



BIRTH RIGHT EDUCATION

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