

YOU'RE INVITED TO...

the Gift of BIRTH

PREPARING FOR birth & beyond

- what* - a Class to prepare you for one of the most important events of your life!
- when* - tuesday evenings, MARCH 2 to 30
6:00PM to 8:00PM
- where* - pregnancy test center
1480 McGuire Rd. Birmingham, AL 35216
- cost* - FREE to you and your support person!
fathers are welcome!
- wrap* - Vicki Angell - 979.0302

SPACE IS LIMITED!
CALL NOW TO RESERVE YOUR SPOT!

A BABY SHOWER WILL BE HELD FOR ALL
THOSE WHO COMPLETE THE CLASSES.



WITH THE HELP OF THE LORD,
I HAVE *birthed* A CHILD.

GENESIS 4:1

CLASS SCHEDULE

class 1 getting to know you
physical & emotional changes
nutrition & exercise
warning signs of pre-term labor
onset of labor
introduction to breathing &
relaxation/comfort measures

class 2 stages of labor
vaginal delivery
anesthesia & analgesia
breathing & relaxation

class 3 cesarean delivery
postpartum mother
breathing & relaxation

class 4 newborn appearance & procedure
breastfeeding
breathing & relaxation

a baby shower concludes the classes!

OUR FOCUS WILL BE LEARNING THROUGH PRACTICE. YOU ARE ENCOURAGED TO BRING A SUPPORT PERSON WHO WILL BE ABLE TO ATTEND THE BIRTH OF YOUR CHILD.



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