

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, **MAY 25** to **JUNE 22**
6:00PM to 8:00PM

where - Shades Mountain Baptist Church
2017 Columbiana Road Birmingham, AL 35216

cost - **FREE** to you and your support person!
fathers are welcome!

resp - 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.

 pregnancy test center

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