FREE

SLVH CHILDBIRTH EDUCATION CLASSES

SLV Health Education Center (Grizzly Inn)
1921 Main Street, Alamosa
Odd months for four consecutive Thursday nights from 6-8 PM

- Learn about the birth process and how to make the birth of your baby a memorable experience
- Classes cover, but are not limited to: dynamics of labor and birth, pain management options, complications, comfort measures, C-sections, post-partum care, infant feeding, newborn care, and tour of labor and delivery unit
- Classes are conducted in a fun and relaxed atmosphere
- Breast feeding classes taught by certified Breastfeeding Consultant

Please leave a message at 719-587-5733 to register or if you have any questions or concerns.

Ideal timing for scheduling is between 24-28 weeks

This free class is sponsored by San Luis Valley Health

San Luis Valley HEALTH

Rev 1/27/21