

Childbirth Preparation Class

The Childbirth Preparation Class prepares expectant families for birth. Some topics covered include: last stages of pregnancy and the childbirth process, relaxation, breathing, and “coaching” techniques, as well as post-partum, breastfeeding, and newborn care.

2024 In Person Classes

Dates:

Mar 19, 26	Jul 23, 30	Nov 12, 19
Apr 23, 30	Aug 20, 27	Dec 10, 17
May 29, 30	Sep 17, 24	
Jun 18, 21	Oct 15, 22	

Time: 5:30pm - 8:30pm

Location: Mercy Medical Pavilion

3rd Floor, Classrooms C/D
315 Mercy Ave | Merced, CA 95340

Registration: There is \$10 fee to attend this class and registration is required.

To register, contact Dawn Arnsberg by phone at 209.564.5285 or 209.617.8003, or by email at Dawn.Arnsberg@dignityhealth.org.



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