

Childbirth Preparation for Cesarean Birth Class



This is a one night class to prepare you for your cesarean birth.

2019 Dates:

January 30

May 29

July 3

October 30

December 30

Location:

Mercy Medical Pavilion

3rd Floor, Classrooms C/D

315 Mercy Avenue

Merced, CA 95340

Time:

6pm - 9pm

The Childbirth Preparation Class for Cesarean Birth will cover:

- Writing cesarean birth plans
- Role of support people
- Relaxation & breathing techniques
- Post-birth exercises for a more comfortable recovery

There is no cost to attend this class, however registration is required. To register, contact Mercy Health Education at 209.564.4384.