

Childbirth Preparation for Cesarean Birth Class



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

2020 Dates*:

April 29
July 29
September 30
December 30

*Subject to
change

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 a \$10 fee to attend this class and registration is required. To register, contact Mercy Health Education at 209.564.4384.