

Childbirth Preparation Class



Childbirth Preparation - a four week course or one day abbreviated class.

2020 Course Dates: **Time: 6pm - 9pm**

Jan. 8, 15, 22, 29

Feb. 5, 12, 19, 26

Mar. 4, 11, 18, 25

Apr. 1, 8, 15, 22

May 6, 13, 20, 27

Jun. 3, 10, 17, 24

Jul. 1, 8, 15, 22

Aug. 5, 12, 19, 26

Sep. 2, 9, 16, 23

Oct. 7, 14, 21, 28

Nov. 2, 9, 16, 23

Dec. 7, 14, 21, 28

Location:

Mercy Medical Pavilion
3rd Floor, Classrooms C/D
315 Mercy Avenue
Merced, CA 95340

2020 Saturday Dates:
9am - 3pm

Jan. 4

Feb. 1

Mar. 7

Apr. 4

May 16

Jun. 6

Jul. 11

Aug. 1

Sep. 5

Oct. 3

Nov. 7

Dec. 12

The Childbirth Preparation Class is a four week course that prepares expectant families for birth. Some topics covered include:

- Last stages of pregnancy and the childbirth process
- Relaxation, breathing, and “coaching” techniques
- Post-partum, breastfeeding, and newborn care

There is a \$25 fee to attend this class and registration is required. To register, contact Mercy Health Education at 209.564.4384.



Dignity Health.
Mercy Medical Center