



CHILDBIRTH EDUCATION CLASSES 2010

Havasu Regional Medical Center offers a 4 week class series as listed below. You will need to find a class that will be completed at least 1 month prior to your delivery date. You do not need to sign up or contact anyone. All you need to do is show up on the first night of the series that you choose.

The classes are 4 weeks long, covering hospital orientation, pre and postnatal issues, labor and delivery techniques including breathing and relaxation exercises, newborn and post partum care, and breastfeeding information. The classes are offered on Mondays from 7:00 to 9:00 p.m. Occasionally a Saturday class is offered.

Classes are \$55 or a co-pay of your ACCCHS card. Please make a copy of your card and bring it to class.

Please bring your coach, a pillow, blanket and bottle of water. Wear comfortable clothes for floor exercises. Classes are held in the Saguaro Classroom on the first floor on the main hospital building, across from the cafeteria.

For further information, please contact Havasu Regional Medical Center's Labor and Delivery Unit at 928-453-0660. Thank you for your participation and enjoy your journey through prepared childbirth.

CLASS SCHEDULE

Mondays, January 4, 11, 18 and 25

Mondays, February 15, 22, March 1 and 8

Mondays, April 26, May 3, 10 and 17

Saturday, June 5th from 8:00 am to 5:00 pm

Mondays, August 2, 9, 16 and 23

Mondays, September 13, 20, 27 and October 4

Mondays, October 25, November 1, 8 and 15

Saturday, December 4 from 8:00 am to 5:00 pm