



*Wisdom. Compassion. Integrity.*

**Are you prepared for your newest arrival?**

Galen OB/GYN wants to help with a

## **Complete Childbirth Class**

**Topics include:**

**Labor**

**Breathing & Relaxation techniques**

**Birth Plans**

**Post-partum lifestyle**

**Newborn Care Basics**

**Classes are taught by a Registered Labor and Delivery Nurse**

**Cost: \$65.00**

***Saturday* Classes are 9:00am to 4:00pm are offered on the following dates:**

**Saturday, April 17th**

**Saturday, May 29th**

**Saturday, June 12th**

***Tuesday and Thursday* Classes are 6:30pm to 9:30pm**

**Tuesday & Thursday, April 27<sup>th</sup> & 29<sup>th</sup>**

**Tuesday & Thursday, May 11<sup>th</sup> & 13<sup>th</sup>**

**Tuesday & Thursday, June 22<sup>nd</sup> & 24<sup>th</sup>**

**For more information see a receptionist or call us at 899-9133**