



*Empowering Families one step at a time*

English Childbirth classes 2017

**Ventura County Medical Center**

**Second Floor Cafeteria Conference Room from 6-8 pm**

- **JANUARY**  
Wednesday's 11, 18 & 25
- **MARCH**  
Wednesday's 8, 15 & 22
- **MAY**  
Wednesday's 10, 17 & 24
- **JULY**  
Wednesday's 12, 19 & 26
- **SEPTEMBER**  
Wednesday's 13, 20 & 27
- **NOVEMBER**  
Wednesday's 1, 8, & 15

**Class 1:** Third trimester, Nutrition, Exercise, and Prelabor; dispelling the Myth of False labor.

**Class 2:** The normal progress of labor and birth. Techniques for coping with pain and how your partner can help you during labor.

**Class 3:** Variations to Labor & the physiologic functionality of Labor

**Class 4:** Postpartum, Breastfeeding, baby care and family adjustment.

- No Enrollment Fee for VCMC Patients
- Classes for expectant mothers and her support person
- For mothers in their seventh month and beyond

**To register for classes call Labor and Delivery 652-6090**

