

Childbirth Classes

Recommended
to Attend Classes
2-3 Months Before
Due Date



2015 Class Dates

January 10
February 7
March 7
April 18

May 2
June 13
July 11
August 8

September 5
October 3
November 14
December 12

Topics Covered:

Hospital Preparation, Anatomy, Breathing Techniques
& Pain Management, Roles of the Coach, Labor,
Postpartum Recovery, Breast feeding, Infant Care

**For more information or to enroll in a class contact the
Obstetrics (OB) department at 830-278-6251 ext. 1121**

***Classes Offered Free of Charge**



Uvalde
Memorial
Hospital

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