

FREE 2023 Prepared Childbirth Classes



Expectant mothers and their support person attend this ONE-DAY class together to prepare for the birth of their child. All aspects of pregnancy and childbirth are covered, including

- Body changes
- Labor & birth
- Pain management
- Cesarean birth
- Breastfeeding basics
- Postpartum adjustment
- Newborn care, nutrition, and safety

9 AM TO 4 PM

WELLSVILLE AMERICAN LEGION

23 Jefferson Street in Wellsville

One-Day Class on the following Sundays:

**January 22 • March 26 • May 21 • July 30 •
September 24 • November 26**

Register by calling Barb at (585) 596-4025
Childbirth classes are recommended for pregnant women at approximately 30 weeks gestation.



Class presented by
Certified Childbirth Educators Kylee and Emily.
Snacks & Lunch will be provided.