

Childbirth Education Class

Prepare for Birth with Confidence at Crestner Health System

Join us for an in-person Childbirth Education Class designed to help expectant parents prepare for labor and the early postpartum experience. Taught by experienced childbirth educators and labor & delivery, this class offers evidence-based information and supportive, practical guidance.

Topics Include:

- What to expect during the stages of labor and birth
- Breathing techniques, comfort measures, and pain management options
- The role of your support partner and hospital care team
- Creating a birth plan and understanding hospital policies
- Immediate newborn care and postpartum recovery tips

Who Should Attend:

Expectant mothers and birth partners (ideal between 28–36 weeks pregnant)

Location: Crestner Health System

Format: In-person, small group sessions for personalized learning

Cost: Free (registration required)

Space is limited — Reserve your spot today!

Register at: www.crestnerhealth.com/childbirth-class

For questions, call (555) 123-4567