



# Prepared Childbirth Classes

**For more information contact:**

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Maternal and Child Health  
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*Scan the QR code to register*

## **FREE Prepared Childbirth Class Schedule**

**November 8, 2023**      **3 - 5 p.m.**

Preterm Labor/Signs of Labor/Support

**November 15, 2023**      **3 - 5 p.m.**

Comfort Measures

**November 29, 2023**      **3 - 5 p.m.**

Pain Medications

**December 6, 2023**      **3 - 5 p.m.**

Postpartum/Newborn Care/Car Seat Safety

A pregnant person and partner can attend

Each family will receive a \$25 gift card and  
Baby Bucks per session.

*Most insurance/Medicaid accepted  
No cost to attend*



Department of Public Health  
1235 Ramsey Street, Fayetteville