



Childbirth Education Class

Class: Prepared Childbirth Class

Date: Second Saturday of every month

Time: 9am – 4pm (one hour break for lunch)

Location: Frances T. Smith Education Center Room A
Childress Regional Medical Center

Instructor: Nicole Dill (940) 585-9991

Cost - free

PRE-REGISTRATION IS REQUIRED - please call (940)585-9991 to register or ask questions.

This class is designed for the expectant mother and her partner.

Participants will learn

- How to decrease fear and anxiety
- Breathing Techniques
- Relaxation and massage techniques
- Options available (medical and non-medical) for managing labor and pain
- The importance of a support person for the laboring woman