



# Childbirth Classes 2021 & 2022

## Prenatal Education and Birth Preparation



### About Childbirth Classes:

Childbirth Classes with Healthy Start will consist of four weekly virtual sessions. Each class is taught by a certified childbirth educator.

### What to bring

- ◆ Support Person
- ◆ Blanket/Yoga Mat
- ◆ Two Pillows
- ◆ Water

### Class Include

- ◆ Stages of Labor
- ◆ Comfort Techniques
- ◆ Breathing & Relaxation
- ◆ Breastfeeding information
- ◆ Postpartum/Newborn Care

### Class Requirements

Must be a Healthy Start participant  
**to attend class for free.**

**Location: Virtual Seminar**

To **Sign Up**, please call us at **407-858-1454**

or

visit:

**[www.healthystartorange.org](http://www.healthystartorange.org)**







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<b>Saturdays (English), 9:00 am - 4:00 pm</b>	<b>Saturdays (Spanish), 9:00 am - 4:00 pm</b>
◆ July 3	◆ July 17
◆ August 7	◆ August 28
◆ September 4	◆ September 18
◆ October 2	◆ October 16
◆ November 6	◆ November 20
◆ December 4	◆ December 18
◆ January 15	◆ January 22
◆ February 5	◆ February 19
◆ March 5	◆ March 19
◆ April 2	◆ April 23
◆ May 7	◆ May 21
◆ June 4	◆ June 18

  
SCAN ME

  
SCAN ME

Spanish & English Class

### Tuesdays, 6:30 pm - 9:30 pm

- ◆ July 6, 13, 20 & 27
- ◆ August 3, 10, 17 & 24
- ◆ September 7, 14, 21 & 28
- ◆ October 5, 12, 19 & 26
- ◆ November 2, 9, 16 & 23
- ◆ December 7, 14, 21 & 28
- ◆ January 4, 11, 18 & 25
- ◆ February 1, 8, 15 & 22
- ◆ March 1, 8, 15 & 22
- ◆ April 5, 12, 19 & 26
- ◆ May 3, 10, 17 & 24
- ◆ June 7, 14, 21 & 28



English Class

