

Prepared Childbirth Classes

Join us for childbirth education at
Valley Hospital!

What: This six week course covers topics including prenatal care, nutrition, stages of labor, pain management, breathing, Cesarean birth, post-delivery care, infant CPR, newborn care and lactation

When: 7 p.m. – 9 p.m., Mondays
Classes run in six week cycles – see below for dates.
Some Saturday classes are available.

Where: Valley Hospital Education Center
12606 E. Mission Avenue, Spokane Valley, WA 99216

Cost: \$60 per couple

To register or check on available class dates, call **(509) 473-5446**
or email frasert@empirehealth.org.

Upcoming 2012 Sessions:

March 5 – April 9

May 7 – June 11

July 2 – August 6

September 10 – October 15

November 5 – December 10

2012 Saturday Classes:

Saturday, March 3 - (9am-4pm)

Saturday, June 2 - (9am-4pm)

Saturday, September 8 - (9am-4pm)

Saturday, December 1 - (9am-4pm)

Valley Hospital
ROCKWOOD HEALTH SYSTEM