

# Prepared Childbirth Classes

Join us for childbirth education at  
Valley Hospital and Medical Center!

**What:** This six week course (12 hours total) 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  
7 p.m. – 9 p.m., Tuesdays  
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

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

**Upcoming Sessions:**

April 4 – May 9

April 5 – May 10

May 16 – June 27

May 17 – June 21

Saturday, June 4 (9am– 4pm)

July 11 – August 5

July 12 – August 16

September 12 – October 17

September 6 – October 11

Saturday, October 17 (9am–4pm)

