

Free Childbirth Classes

The Center for Women and Children at Eastern New Mexico Medical Center is proud to offer free Childbirth Education Classes as one of the many services we provide to our community and the surrounding area.

Learn about:

- Your changing body
- Common discomforts of pregnancy
- Fetal growth and development
- Warning signs
- Breathing and relaxation
- Nutrition
- True vs. false labor
- Pre-term labor
- Physical and emotional changes
- Complications of labor-cesarean section
- Anesthesia and other pain control options
- Breast and bottle feeding
- Postpartum life and resuming sexual activity
- Birth control options
- Newborn safety and more...

Who should attend: All pregnant women who want to gain knowledge and better prepare themselves and their significant other for the big day!

When: The 2nd Saturday of each month from 9:00am – 5:00pm

2009 dates include:

- January 10
- February 14
- March 14
- April 11
- May 9
- June 13
- July 11
- August 8
- September 12
- October 10
- November 14
- December 12

Cost: FREE!!! Refreshments are provided.

The class is designed as a one-time course for women 30-35 weeks into pregnancy. We encourage coaches who would like to be present during delivery to attend as well.

To register for the class or for more information please call (575) 624-8704!

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(575) 622-8170



EASTERN NEW MEXICO
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Imaging Services

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