

# NASH WOMEN'S CENTER CHILDBIRTH CLASSES

**UNC**  
HEALTH®  
Nash

Expecting a new addition?

We offer a series of **FREE** classes designed to educate women about pregnancy, labor, childbirth, and the awesome resources that Nash Women's Center has to offer.

## TOPICS INCLUDE:

Prenatal Care (before you give birth)  
Labor and Birth  
Pain Management  
Postpartum Care (after you give birth)  
Newborn care

IN-PERSON & VIRTUAL  
CLASSES OFFERED

**JANUARY 9, 16, 23, 30    JULY 9, 16, 23, 30**  
**FEBRUARY 6, 13, 20, 27    AUGUST 6, 13, 20, 27**  
**MARCH 5, 12, 19, 26    SEPTEMBER 3, 10, 17, 24**  
**APRIL 9, 16, 23, 30    OCTOBER 1, 8, 15, 22**  
**MAY 7, 14, 21, 28    NOVEMBER 5, 12, 19, 26**  
**JUNE 4, 11, 18, 25    DECEMBER 3, 10, 17, 24**

**JOIN NOW!**

To Register, please call or email:

(252) 962-BABY (2229)  
nashwomenscenter@unchealth.unc.edu



OPEN TO PREGNANT WOMEN,  
NEW MOTHERS AND BABIES,  
AND THEIR SUPPORTIVE  
LOVED ONES.