

Nash Women's Center

CHILDBIRTH EDUCATION CLASSES

**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.

UNC
HEALTH
Nash

TOPICS INCLUDE

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

JANUARY 7, 14, 21, 28 JULY 8, 15, 22, 29
FEBRUARY 4, 11, 18, 25 AUGUST 5, 12, 19, 26
MARCH 4, 11, 18, 25 SEPTEMBER 9, 16, 23, 30
APRIL 8, 15, 22, 29 OCTOBER 7, 14, 21, 28
MAY 6, 13, 20, 27 NOVEMBER 4, 11, 18, 25
JUNE 3, 10, 17, 24 DECEMBER 2, 9, 16, 23

**In-person & virtual
classes offered**

Open to pregnant women, new mothers and babies, and their supportive loved ones.



To register, please call or email:

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