



2017 Childbirth Class Schedule

A Sunday session taught by a
Certified Childbirth Educator

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|----------------------|-------------------------|-----------------------|
| ✓ Labor Preparation | ✓ Relaxation Techniques | ✓ Post Partum Changes |
| ✓ Labor Coaching | ✓ Early newborn care | ✓ Delivery |
| ✓ Newborn Procedures | ✓ Labor Position | ✓ Breast Feeding |
| ✓ Pain Management | ✓ Breathing Techniques | |

*A great way to meet other soon-to-be parents

*Although designed for new parents, experienced parents are welcome

Classes held at:

Alameda Family Physicians
2433 Central Ave (@Everett St)
Alameda, CA 94501
(510) 521-2300
Sundays 9:30 am - 4:30 pm

2016 Schedule:

Feb 26 th	Aug 27 th
April 23 rd	Oct 29 th
June 25 th	Dec 17 th

Please bring a pillow and mat to class with you
Please bring your own snacks/drinks
Questions? Call (510) 521-2300

REGISTRATION FORM

Class fee: \$100. Please fill out the information below and return this portion with your payment

Name: _____ Due Date: _____ First Baby? _____
 Address: _____ Class Dates: _____
 _____ OB doctor: _____
 Phone: (Day) _____ Phone: (Evening) _____

Mail Registration form with check for \$100 payable to:
University HealthCare Alliance
2433 Central Ave.
Alameda, CA 94501