

2018 Childbirth Class Schedule

A Sunday session taught by a
Certified Childbirth Educator

Labor Preparation
Pain Management
Labor Position
Delivery

Labor Coaching
Relaxation Techniques
Breathing Techniques
Breast Feeding

Newborn Procedures
Early newborn care
Post Partum Changes

*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

2018 Schedule:

Feb 18th
April 29th
July 15th

Please bring a pillow and mat to class with you and a yoga ball (if you have one)

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