

**Wednesday, February 5**

- LAMC Childbirth Class: Six-Week Class Series - 6:00pm

**Wednesday, February 12**

- LAMC Childbirth Class: Six-Week Class Series - 6:00pm
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**LAMC Childbirth Class: Six-Week Class Series**

**Time:** 6:00pm

# 2025 CHILDBIRTH CLASSES

LAMC will be pleased to offer another year of childbirth classes to the community in 2025.

Topics covered in the 6-week long classes are:

1. pregnancy and relaxation
2. stages of labor
3. coping skills for labor
4. interventions and what to expect postpartum
5. newborn care and breastfeeding
6. community resource night

**\*\*These classes are to be taken as a whole series.\*\***

One-day classes will cover the stages of labor and coping skills for labor and delivery.

Both types of class are recommended for pregnant people in their late second or third trimester and their partners. They will be held at LAMC.

*Note: For any of these classes to run, at least 3 couples need to be signed up two weeks in advance.*

For more information or to register, please reach out to Gretchen at [gretchen.poulson@lpnt.net](mailto:gretchen.poulson@lpnt.net)

All are welcome!



Classes are from 6-8:30 p.m. weekly.