



“The birth of a baby
Is an everyday miracle...

a deep and permanent
memory for the birthing
woman and those who
love her and support her.”

By Penny Simkin
The Birth Partner

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Childbirth Education Class



What every
mother-to-be
needs to know!

Sponsored by
Warren County Health Services
Division of Public Health



Childbirth classes help prepare women and their partners for the birth of their baby offering knowledge and comfort techniques that will minimize pain and maximize a woman's trust in her strength and ability to give birth.

Learn the importance of...



- * **Movement throughout labor**
- * **Continuous labor support**
- * **Productive Positions for Birth**
- * **Relaxation & comfort techniques**

Strengthen relationships

Connect with others

Build confidence

Embrace birth

These 12 hour courses are offered year round with a choice of two types to fit your lifestyle.

- 3 day course for those independent learners with busy schedules.
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- 5 week course offers more opportunity to rehearse skills and practice techniques over an extended period of time.

Plan to attend 6-8 weeks prior to your expected due date.



Warren County Public Health Childbirth Education Classes are taught by Certified Childbirth Educators

Call 761-6580 or 1-800-755-8102 to register