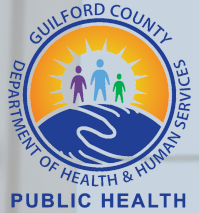


# Prepare for a Healthy Delivery and Beyond!

## Our classes:

- Help moms and partners prepare for the big day and beyond.
- Help families have the best possible childbirth experience.
- Promote lifelong health and wellness.



1100 E Wendover Ave.  
Greensboro, NC 27405



336-641-4718

GUILFORD COUNTY PUBLIC HEALTH

# Prepared Childbirth Classes

PEC APP REV 11/2022



## About Us

## Sign Up for Our Childbirth Classes

## Our Classes

Whether you're a first-time mom or you've been through labor before, prepared childbirth classes are a great way to prepare for welcoming your newborn baby into the world.

They can give you (and your partner) the confidence to handle one of the most exciting experiences of your life, from recognizing the first signs of labor to putting your newborn in their car seat and bringing your baby home from the hospital.



### Sign up for childbirth classes!

- Medicaid covers the cost of the classes for moms and their partners.
- For moms without Medicaid, the cost is \$45.00 for the series.

**Call 336-641-4718 to  
register for  
for childbirth classes!**

*We also work with community organizations  
to give a **free gift** to all of our class  
participants!*

### In our four-week class, you'll learn about:

- Signs of labor
- Relaxation and breathing
- Medications and interventions
- New mom care
- Daily infant care
- Calming and soothing your new baby
- Infant safety
- Breastfeeding

### We hold classes:

- One night a week for four weeks
- At 1100 East Wendover Avenue, Greensboro, NC 27405
- 6:00 - 8:00 p.m.

