

OMH Journey to Parenthood Childbirth Education

Saturday (All-Day), 9am – 5pm



February 4 • May 12 • June 9 • August 4 • October 6 • December 8

Topics covered in class include:

What to Expect? • Relaxation • Exercises • Nutrition • Postpartum Care
Baby Care • Cesarean Birth • Labor & Delivery • Infant Feeding • Pain Management

A Birthing Center Tour is also included.

The cost is \$50 per couple.

Health Department vouchers are accepted.

Call (989) 731-2111 for more information or to register.

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Visit us online at MyOMH.org

