

OMH Journey to Parenthood Childbirth Education

5-Week Course (Wednesdays), 6:30 – 9pm



February 29 - March 28 • April 18 - May 16 • July 11 - August 8
September 12 - October 10 • November 7 - December 5

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.

Your Champion for Better Health.
Visit us online at MyOMH.org

