

Registration Form

**Childbirth Education Classes:**

- Jan. 6, 13, 20, 27, Feb. 3, 10
- March 24, 31, April 7, 14, 21, 28
- June 9, 16, 23, 30, July 7, 14
- Aug 25, Sept. 1, 8, 15, 22, 29
- Nov. 10, 17, Dec. 1, 8, 15, 22

Name\_\_\_\_\_

Address\_\_\_\_\_

\_\_\_\_\_

Phone\_\_\_\_\_

Due Date\_\_\_\_\_

Labor Partners Name\_\_\_\_\_

Please make check payable to SVMS and  
mail with registration form to:

Shenandoah Women's Health  
C/O Crystal Totten  
P. O. Box 1146  
Martinsburg, WV 25402

If paying with credit or debit card please  
pay at next prenatal appointment.

Shenandoah Community  
Health Center

99 Tavern Road  
Martinsburg, WV 25401

Phone:  
304-263-8964 ext. 1341

Email: [ctotten@svms.net](mailto:ctotten@svms.net)

**SHENANDOAH COMMUNITY  
HEALTH CENTER**

# Prenatal Class Brochure

# 2011



Tel: 304-263-8964 ext.1341

# PRENATAL CLASS OFFERINGS

## *Childbirth Education*

Childbirth education classes meet for 6 weeks and will help ease your fears and answer your questions about labor, delivery, and breastfeeding. Topics covered include how labor starts and how to manage each stage, comfort measures to help ease your discomfort, risks and benefits to pain medication, Cesarean birth and a hospital tour. What to expect after delivery and breastfeeding will also be covered. Classes are held on Thursday nights from 6:30-8:30pm in classroom B at the health center. Series fee is \$63. Class dates for 2011 are:

### **If you are due in:**

February, March or April

May, June, July

July, August, September

October, November, December

January, February 2012

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June 9, 16, 23, 30, July 7, 14

August 25, September 1, 8, 15, 22, 29

Nov 10, 17, December 1, 8, 15, 22

To register please fill out form on this brochure and mail back along with class fee to Shenandoah Women's Health. Classes fill up quickly so please register as soon as possible.

