

## ***CHILDBIRTH* Classes**

To educate future parents, Community Medical Centers offers instruction in issues vital to the childbirth and parenthood experiences. By taking part in these excellent programs taught by experienced professionals, parents-to-be can learn specific techniques as well as the most recent technological advancements in birthing care.

The following is a listing of Community's childbirth classes. For more information and to register, call (559) 459-2423.

### **Childbirth Preparation Series**

This six-session course includes the Caesarean Section and Newborn Care classes. Other course offerings include a hospital tour, one reunion/postpartum class dealing with "expectations vs. reality," breathing and relaxation techniques, understanding of the labor process, effective labor coaching, possible medical interventions and comfort measures for labor.

Cost: \$75 per couple.

### **Prepared Childbirth (Private Class)**

This private class consists of everything offered in the six-week course and is designed to meet the needs of expectant parents who cannot attend regular childbirth classes.

Cost: \$120 per couple.

### **Prepared Childbirth (Weekend)**

This weekend class includes everything offered in the six-week course and is designed for those who cannot attend the six-week series.

Cost: \$75 per couple.