

**FREE**

# SLV CHILDBIRTH EDUCATION CLASSES

**SLV Health Education Center (Grizzly Inn)  
1921 Main Street, Alamosa**

**Every other month for five consecutive Thursday nights from 6-8 PM**

- Learn about the birth process and how to make the birth of your baby a memorable experience
- Classes cover, but are not limited to: dynamics of labor and birth, pain management options, complications, comfort measures, C-sections, post-partum care, infant feeding, newborn care, and tour of labor and delivery unit
- Classes are conducted in a fun and relaxed atmosphere



Please leave a message at 719-587-5733 to register or if you have any questions or concerns.  
Ideal timing for scheduling is between 24-28 weeks.

**This free class is sponsored  
by San Luis Valley Health.**

