

# ATTENTION ALL EXPECTING MOTHERS!



Madera Community Hospital offers **FREE** Childbirth Classes in a 4 class series.

**When:** Thursdays


**Time:** 5:30p – 8:30p

Snacks will be provided every class.



The classes will cover:

**Anatomy and Physiology of Pregnancy**  
**Comfort and Distraction Techniques of Labor**  
**Complications of Labor**  
**Baby Care and Breastfeeding**



We ask that you wear comfy clothes, bring a pillow and your support person.

To sign up please contact:

Franchesca Sanchez either by phone at (559) 675-2717 or by email at [Maderababy@maderahospital.org](mailto:Maderababy@maderahospital.org) to be scheduled.