

**Personal Information:**

\_\_\_\_\_

First Name

\_\_\_\_\_

Last Name

\_\_\_\_\_

Phone Number

\_\_\_\_\_

Due Date

- I will attend class alone
- I will bring a support person



Please call  
262-896-8479 to  
register or ask any  
questions

**Please enroll me in this session:**

- January 8, 15, 22 & 29
- April 2, 9, 16 & 23
- July 2, 9, 16 & 23
- October 1, 8, 15 & 22

*2019 Schedule  
for Childbirth  
Education Classes*

**JANUARY  
8, 15, 22 & 29**



**APRIL  
2, 9, 16 & 23**



**JULY  
2, 9, 16 & 23**



**OCTOBER  
1, 8, 15 & 22**



**2019 Childbirth  
Education Classes**

*Preparing for the most  
important day in your  
baby's life!*



**Waukesha County  
Public Health Division**

Located within the Human Services Center

514 Riverview Avenue

Waukesha WI 53188

262-896-8430



Waukesha County's Public Health Division is now offering a series of four Childbirth Education Classes for pregnant women. There is no fee.

Each childbirth can be different. Whether this is your first child or fourth, these classes will help you prepare for the birth of your child.

Each class will focus on a particular topic and include breathing exercises.

**\*Free baby gift after each class attended\***

- The first class will focus on the **stages of labor** and the **birth process**
- The second class will focus on **comfort measures / C-Section info**
- The third class will focus on **newborn care**
- The fourth class will focus on **breastfeeding** (Breastfeeding classes are also available in Spanish)

**When:** Classes will take place quarterly on Tuesdays

**Time:** 12:30 – 2:30 PM

**Place:** Human Services Center  
Room 271  
514 Riverview Avenue  
Waukesha WI 53188

Take comfort

in

KNOWING



Waukesha County

## Public Health

A Division of the Department  
of Health & Human Services



[www.waukeshacounty.gov/pregnancy](http://www.waukeshacounty.gov/pregnancy)

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ask any questions**