



2023 Prepared Childbirth Classes

Offering 1-Day & 2-Day Classes!

2022 2-DAY 5:30PM TO 8:00PM

December 6th & 13th, 2022

1-DAY 9:00AM TO 2:00PM

April 1st

August 26th

December 2nd

2-DAY 5:30PM TO 8:00PM

February 6th & 13th

June 14th & 21st

October 12th & 19th

TOPICS:

- Labor & Childbirth
- Coping Techniques
- Breastfeeding
- Care for mom and baby after delivery

Classes are held in the Kiva Room
at Southwest Memorial Hospital
1311 N. Mildred Rd, Cortez CO 81321

PRE-REGISTRATION REQUIRED: 970-564-2245

