

# 2024 PREPARED CHILDBIRTH CLASSES



## Offering 1-day & 2-day classes

### 1 Day Classes - 9:00 AM to 2:00PM

April 13th

August 24th

### 2 Day Classes - 5:30 PM to 8:00 PM Each Day

January 31st & February 7th

June 19th & June 26th

October 9th & October 16th

December 4th & December 11th

Classes are held in the Kiva Room at  
Southwest Memorial Hospital

1311 N. Mildred Rd, Cortez CO 81321

### Education Topics

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

Exclusive tour of the  
Family Birthing Center



**Pre-registration is required**

**Call 970-564-2245 to get registered**