

# 2025 PREPARED CHILDBIRTH CLASSES



## Offering 1-day & 2-day classes

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

February 8th

June 14th

October 11th

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

April 9th and 16th

August 6th and 13th

December 3rd and 10th

### Education Topics

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

Exclusive tour of the  
Family Birthing Center

Classes are held in the Kiva Room at  
Southwest Memorial Hospital

1311 N. Mildred Rd, Cortez CO 81321

### Pre-registration is required

Call 970-564-2245 to get registered or  
scan the QR code to register online.

<https://forms.office.com/r/1WmF6XT5xy>

