



FREE Virtual Pregnancy and Childbirth Education Classes

Join us for all 3 interactive sessions
Support People and Partners are encouraged to attend!

Session 1: Pregnancy and what to expect,
Nutrition & Exercise , Common Discomforts,
Mental Health in Pregnancy ,
Positions for Labor, Signs and Stages of Labor

Jan 13th, 2021 from 6pm -8 pm



Session 2: Techniques for coping with Labor,
Pain management options, Complications in Labor,
C-Sections

Jan 20th, 2021 from 6pm-8pm



Session 3: Postpartum Care, Breastfeeding,
Newborn Care , Family Adjustments
Guest Speaker : Dr. Ana Levin

Jan 27th from 6pm -8pm



This class is brought to you by the Childbirth Education Committee at VCMC and SPH. For more information, please contact Jodi Watson, CNM: jodi.watson@ventura.org or Kristina Swaim: Kristina.swaim@ventura.org