



Childbirth Classes

Onsite Classes with Registered Nurse Instructor

Topics Include

- A healthy pregnancy
 - Support
 - Nourishment
- Women's Center tour
- Team birth
- Breastfeeding
- Postpartum care
- Relaxation
- Labor positions
- Pain management

Cost is \$50

Includes one labor partner

Tuesdays from 6 to 8:30 p.m.

Conference Room A and B

INTEGRIS Health Canadian Valley Hospital

Online Childbirth Classes

Cost is \$50

eClass Registration includes
online access for nine months

**To register for classes call
405-717-7860.**

Early registration (after 14 weeks of pregnancy)
is encouraged.



Canadian Valley Hospital

1201 Health Center Parkway • Yukon, OK 73099 • 405-717-7860

[integrishhealth.org/womensyukon](https://www.integrishhealth.org/womensyukon)