



Pregnancy, and Birth Beyond Classes

Preparing for
a new baby? Come...

9:00-12:30 pm

October 14, 2017

April 21, 2018

October 20, 2018

SRMC Fee: \$25

(For those not delivering
at SRMC)

What you will learn...

- ♥ Signs of preterm labor
- ♥ Managing labor at home
- ♥ What to expect with delivery and birth
- ♥ Relaxation techniques
- ♥ Tips & resources on breastfeeding
- ♥ Sudden Infant Death

Syndrome

(SIDS)

@ SRMC



Register with Melissa
(620)326-8906 x 253 or
melissap@futures-unlimited.org

