

# Childbirth & Parent Education Class

## CLASSES ARE AVAILABLE TO HELP YOU PREPARE!

We offer information about pregnancy, labor and delivery, relaxation, breathing, pain management, breastfeeding by Certified Lactation Counselors, post-partum and newborn care. Car seat training provided by Tri-County Health Department.

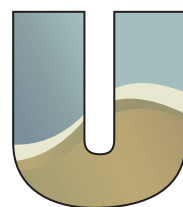
Classes are held at Uintah Basin Medical Center  
250 W 300 N - Roosevelt, UT  
from 6:00 PM - 8:30 PM.  
*(Maximum of 5 couples and masks are required)*

We encourage all those  
expecting a baby to attend!

To register, contact  
the OB Department  
at (435) 722-6150.

CLASS #1:	<b>Aug</b> 12 & 19
CLASS #2:	<b>Sept</b> 16 & 23
CLASS #3:	<b>Oct</b> 14 & 21
CLASS #4:	<b>Nov</b> 11 & 18

2020



Uintah Basin  
Medical Center  
UINTAH BASIN HEALTHCARE