



Preparing for Childbirth

The arrival of a new baby is always an exciting time, though pregnancy and giving birth is not without its challenges – especially for first-time mothers. At Yavapai Regional Medical Center, we have assisted with the miracle of birth for close to 70 years now, and fully understand what expectant moms and their partners are going through and what they need to know.

As a community service, and to give our precious babies the best possible start in life, YRMC offers a number of different pregnancy and childbirth classes. All are designed to meet the special needs of new moms and their families.

These are lively, interactive classes with opportunity to make friends with other expecting couples. Please wear comfortable clothes and bring two pillows to each class.



YAVAPAI REGIONAL MEDICAL CENTER

Proudly Caring for Western Yavapai County

YRMC EAST

7700 E. Florentine Road
Prescott Valley, Arizona 86314

MAIN SWITCHBOARD

(928)445-2700
www.yrmc.org
www.YRMCHealthConnect.org



FAMILY BIRTHING CENTER



2017 Classes for Expectant Mothers and their Partners



YAVAPAI REGIONAL
MEDICAL CENTER

2017 Classes for Expectant Mothers & Their Partners

FOR MORE INFORMATION OR TO REGISTER: CALL (928) 442-8800

Family Birth Class

YRMC's Family Birth Class is offered numerous times throughout the year for first-time moms and their partners. **Participants are encouraged to start the four-week series no later than their 27th week of pregnancy**, and then be sure to attend all four of the two-hour classes. **The cost is \$35**

The Family Birth Class will provide helpful information as you prepare for the arrival of your baby. Topics include:

- Common discomforts of late pregnancy and their remedies
- Comfort measures for labor and how to use them
- Relaxation practice and pain coping techniques
- What to expect at the hospital
- Basic baby care

The class dates are listed to the right for your reference. For more information or to register, please call (928) 442-8800.

Breastfeeding Works!

Breastfeeding Works! is specifically designed to teach you how to have a successful and rewarding breastfeeding experience. Expectant mothers are encouraged to attend if they anticipate breastfeeding their babies. After your baby is born, the class provides support and friendship with other breastfeeding moms. This class is offered on the second Saturday of each month and is **FREE of charge**. The class dates are listed to the right for your reference. For more information or to register, please call (928) 442-8800.

2017 Family Birth Class

COST: \$35

MONDAYS • 6:30 – 8:30 P.M.

YRMC East, Pronghorn Room,
Prescott Valley

- January 9 – 30
- March 6 – 27
- May 1 – 22
- July 10 – 31
- September 11 – October 2
- November 6 – November 27

TUESDAYS • 6:30 – 8:30 P.M.

YRMC East, Pronghorn Room,
Prescott Valley

- February 7 – 28
- April 4 – 25
- June 6 – 27
- August 8 – 29
- October 3 – 24
- November 21 – December 12

SATURDAY, ALL DAY • 9:00 A.M. – 5:00 P.M.

YRMC East, Pronghorn Room,
Prescott Valley

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| ■ January 28 | ■ July 22 |
| ■ February 25 | ■ August 26 |
| ■ March 25 | ■ September 23 |
| ■ April 22 | ■ October 28 |
| ■ May 20 | ■ November 18 |
| ■ June 24 | ■ December 16 |

Breastfeeding Works!

COST: Free

Second Saturday of every month,
9:00 A.M. – 1:00 P.M.

YRMC East, Pronghorn Room
Prescott Valley

For more information or to register:
Call (928) 442-8800



All YRMC Classes for Expectant Moms and their partners will be held at YRMC East in Prescott Valley. Please see schedule for locations.