



## 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 over 75 years, 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 your water bottle.



## 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](http://www.yrmc.org)  
[www.YRMCHealthConnect.org](http://www.YRMCHealthConnect.org)



## FAMILY BIRTHING CENTER



## 2018 Classes for Expectant Mothers and their Partners



YAVAPAI REGIONAL  
MEDICAL CENTER

# 2018 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 30th week of pregnancy**, and then be sure to attend all four of the two-hour classes. **The cost is \$35.**

"The Super Saturday Class" is optimal for those in their 32nd to 34th week of Pregnancy." The content of this class is the same as the weekly series.

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.

## 2018 Family Birth Class

COST: \$35

### MONDAYS • 6:30 – 8:30 P.M.

YRMC East, Pronghorn Room,  
Prescott Valley

- January 8 – 29
- March 5 – 26
- April 30 – May 21
- July 9 – 30
- September 10 – October 1
- October 29 – November 19

### TUESDAYS • 6:30 – 8:30 P.M.

YRMC East, Pronghorn Room,  
Prescott Valley

- February 6 – 27
- April 3 – 24
- June 5 – 26
- August 7 – 28
- October 2 – 23
- November 27 – December 18

### SUPER SATURDAY • 9:00 A.M. – 4:30 P.M.

YRMC East, Pronghorn Room,  
Prescott Valley

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|---------------|----------------|
| ■ January 20  | ■ July 28      |
| ■ February 24 | ■ August 25    |
| ■ March 24    | ■ September 22 |
| ■ April 28    | ■ October 27   |
| ■ May 19      | ■ November 17  |
| ■ June 23     | ■ December 15  |

## Breastfeeding Works!

COST: Free

Second Saturday of every month,  
9:00 A.M. – 12:00 NOON  
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.**