

2016 Healthy Start Childbirth Education Classes

A fun and relaxed atmosphere!

Join us as we cover important topics concerning your labor and delivery

Stages of Labor

Pain Management/Breathing Exercises

Breast Feeding

Post Partum Care/Family Planning

Newborn Care and much more...

Instructors: Valery Lawton & Sheila Lewis

FOCEP CERTIFIED CHILDBIRTH EDUCATORS

Holmes County Health Department

Washington County Health Department

May 3, 2016

August 2, 2016

May 10, 2016

August 9, 2016

May 17, 2016

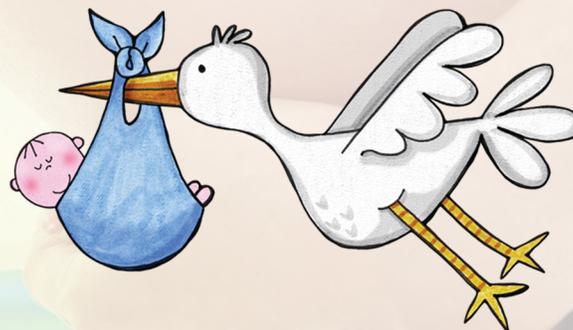
August 16, 2016

May 24, 2016

August 23, 2016

(5:30 PM-7:30 PM)

(5:30 PM-7:30 PM)



No person shall, on the grounds of age, color, disability, national origin, race, religion or sex be excluded from participation in, be denied benefits of, or be subject to discrimination under any program or activity receiving or benefiting from federal financial assistance.

Sensory impaired or Limited-English Proficiency patients will be provided with necessary aids and interpreters at no cost by calling Fran Amerson at (850) 547-8500 ext. 236.