

# Childbirth Education Class Registration Form



Please take these classes as early as possible in your pregnancy. This is a 6 week childbirth education series focused on gaining an insight and understanding of the childbirth process. We will discuss a variety of options that encourage you to move through your unique birth in an informed, empowered way.



### Class Topics Include:

- Relaxation Techniques
- Positions for Comfort
- Normal Labor Patterns & Stages
- "What If's" - Your choice at each juncture
- Pain Management
- Complications & Medical Interventions
- Newborn Care & Breastfeeding Basics



*"There is a secret in our culture, and it's not that birth is painful. It's that women are strong."*  
~ Laura Stavoe

**Class Fee:** \$250.00

<b>Series Dates and Times:</b>	Tuesday, June 11 <sup>th</sup>	6:30-8:30 p.m.
	Tuesday, June 18 <sup>th</sup>	6:30-8:30 p.m.
	Tuesday, June 25 <sup>th</sup>	6:30-8:30 p.m.
	Tuesday, July 2 <sup>nd</sup>	6:30-8:30 p.m.
	Tuesday, July 9 <sup>th</sup>	6:30-8:30 p.m.
	Tuesday, July 16 <sup>th</sup>	6:30-8:30 p.m.

**Instructor:**  
**Jeanda Kinsinger**  
CBE Professional Educator  
Certified Birth Doula  
(435) 657-3696  
[info@chwheber.com](mailto:info@chwheber.com)

Please make checks payable to:

**CHW**

No refunds will be made after registration has been confirmed.

*Class Size is Limited!*

---

## Community Health and Wellness Childbirth Class Registration

Please complete and return with check to: CHW Attn: Hillary 345 West 600 South #401 Heber, UT 84032

Name(s) \_\_\_\_\_ Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_

Expected Due Date \_\_\_\_\_ Where are you giving Birth? \_\_\_\_\_

Who is your care provider (OB/CNM) ? \_\_\_\_\_

Have you completed any childbirth education in the past? Yes No

Is there anything you would like us to know? \_\_\_\_\_

How did you find out about our classes? \_\_\_\_\_

What do you want to learn? \_\_\_\_\_