

Childbirth Education Class Registration Form



Please take these classes as early as possible in your pregnancy. This is a 5 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: \$300.00

Series Dates and Times:

Tuesday Dec 3 rd	6:30-8:30 p.m.
Friday, Dec 6 th	6:30-8:30 p.m.
Tuesday, Dec 10 th	6:30-8:30 p.m.
Friday, Dec 13 th	6:30-8:30 p.m.
Tuesday, Dec 17 th	6:30-8:30 p.m.

Instructor:
Jeanda Kinsinger
CBE Professional Educator
Certified Birth Doula
(435) 657-3696
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? _____