



Evidence-Based Childbirth Education, Breast/Chestfeeding and CPR Classes

Three-Week Online Childbirth Education Series

6pm – 8:30 pm, \$185

Sept 29th, Oct 6th, 13th
November 3rd, 10th, 17th
December 1st, 8th, 15th
January 5th, 12th, 19th
February 9th, 16th, 23rd
March 9th, 16th, 23rd



Weekend Online Childbirth Education Series

9am – 1:30 pm, \$185

September 26th & 27th
October 24th & 25th
December 5th & 6th
January 9th & 10th
February 13th & 14th
March 13th & 14th



Online Crash Course in Labor Support

\$50 - 6:30pm on October 7th, November 18th, December 21st, January 25th, March 1st
This one-hour class can be taken on its own, if not signed up for childbirth education, or as a refresher class for second-timers. Includes labor positions, massage & breathing techniques.

Online CPR Class

*with Northeast Medical & Safety
Training Associates*

Tuesdays, 6:30pm-8:30pm \$50/person
***Private classes \$75, per person**

September 22nd
October 27th
November 24th
January 26th
March 2nd



Online Breast/Chestfeeding and Pumping Class

With Alice Norris, RN, IBCLC

**6:30pm-8:30pm \$45/ up to
two participants**

November 11th
January 13th
March 3rd



**Your insurance may reimburse up to \$125 for classes and we are happy to provide a detailed receipt for you to submit!*

All our offerings are available as *private classes* as well as *Refresher classes & VBAC.*