



**DID YOU KNOW?
WOMACK OFFERS FREE CHILDBIRTH EDUCATION CLASSES!**

Childbirth education is a series of 6 classes in two weeks:

Class 1 – Pregnancy and Labor (Tuesday)

Class 2 - New Parent Support Program (Wednesday)

Class 3 - Breathing and Relaxation (Thursday)

Class 4 - Interventions and C-sections (Tuesday)

Class 5 - Breastfeeding (Wednesday)

Class 6 – Postpartum Care & Newborn Care (Thursday)

Classes are taught in Weaver Auditorium (ground floor by Dining Facility) for families 24 weeks or greater on Tuesdays, Wednesdays, and Thursdays from 1800-2000.

Registration is required for these classes due to social distancing **Maximum 24** couples. If interested please email usarmy.bragg.medcom-wamc.mbx.wamc-child-birth-edu@mail.mil to register.

| | T | W | Th | T | W | Th |
|----------------------|----------|----------|----------|----------|----------|----------|
| <i>Class #</i> | 1 | 2 | 3 | 4 | 5 | 6 |
| December 2020 | 1 | 2 | 3 | 8 | 9 | 10 |
| January 2021 | 5 | 6 | 7 | 12 | 13 | 14 |
| February | 2 | 3 | 4 | 9 | 10 | 11 |
| March | 2 | 3 | 4 | 9 | 10 | 11 |
| April | 6 | 7 | 8 | 13 | 14 | 15 |
| May | 4 | 5 | 6 | 11 | 12 | 13 |
| June | 1 | 2 | 3 | 8 | 9 | 10 |
| July | 6 | 7 | 8 | 13 | 14 | 15 |
| August | 3 | 4 | 5 | 10 | 11 | 12 |
| September | 7 | 8 | 9 | 14 | 15 | 16 |
| October | 5 | 6 | 7 | 12 | 13 | 14 |
| November | 2 | 3 | 4 | 9 | 10 | 11 |
| December | 7 | 8 | 9 | 14 | 15 | 16 |

