

CHILDBIRTH EDUCATION CLASSES
Hillsboro, Ohio (1 hr east of Cincinnati)

*Presented from the heart of a Childbirth Educator and Doula:
Vicki Sink*

Topics Included:

Anatomy and Physiology of Pregnancy
Prenatal Fitness
Nutrition for Pregnancy and Lactation
Preterm Labor
Early Labor, Active Labor, Transition
Pushing
Relaxation and Comfort Positions for Labor and Pushing
Obstetrical Tests and Procedures
Cesarean Section and Prevention
The Newborn
Newborn Tests and Procedures
Breastfeeding
Postpartum Care

Come join in on the fun!

Six Week Class

January 13, 20, 27 & February 3, 10, 17
Thursdays 6:00-8:00 pm

For more information or to sign up call Vicki at
Home # (937) 466-9677 or
Cell # (937) 527-5454

*Lo, children are an heritage of the Lord: and the fruit of the womb is
his reward.
Psalms 127:3*