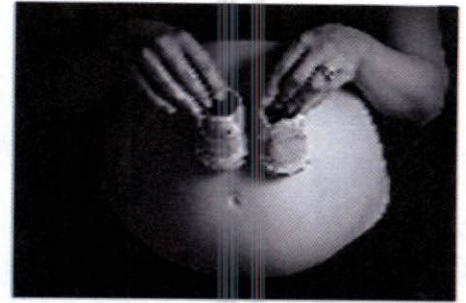


# Childbirth Education Classes 2019



**Call today and  
reserve your seat!**

**808-338-9205**



- ◆ Available to ALL pregnant women & their support partners
- ◆ Prepare for a more satisfying birth experience
- ◆ Taught by an experienced L&D nurse certified in Prepared Childbirth Education, and Lactation Consultant

4 week sessions

Every Thursday **6 PM –8 PM** starting:

**February 07, 2019**

**April 04, 2019**

**June 06, 2019**

**August 01, 2019**

**October 03, 2019**

**December 05, 2019**

Where:

The Clinic at Waimea  
(2nd floor clinic lobby)  
4643 Waimea Canyon Drive  
Waimea, HI 96796

Things to Bring:

Your own pillow & water

**Suggested Donation \$20/series\***

\*Used to cover cost of supplies and equipment