

Bump & Beyond



Illustrations by The Educated Birth/Cheyenne Varner

Childbirth Education Classes



**Ask for a referral or
view the calendar
and sign up on line**

- Prepare for birth, breastfeeding, and postpartum
- Learn about labor and birth, pain management, comfort and relaxation, breastfeeding, newborn and postpartum care
- Ask questions or talk about your birth related concerns