CONCORD OB/GYN

Childbirth Classes

Registration Fee: $150*

*Discounted rates available for attendees that have financial hardships.

Instructor: Holly West, FNP-C

Classes are one day intensive 5 hour classes that are led by our very own Holly West, FNP-C. Holly brings years of experience as a mom of three, a childbirth educator, and as a former Labor & Delivery nurse (now Nurse Practitioner) at the Clough Birthing Center who has a passion for helping mom's to feel confident and prepared for their upcoming delivery. Our childbirth education class is a forum style class taught in a live group setting to encourage community and questions. Mediums such as handouts, books, PowerPoint presentations with graphics, and model demonstration will be used to enhance learning. You & your partner will learn about what to expect for the end of your pregnancy, labor, non pharmacologic and pharmacologic methods of labor pain relief, types of delivery, post-partum recovery and newborn care.

Our Childbirth Classes are held in the spacious waiting room of our Concord office monthly. Classes will be limited to 10 couples per class.

We recommend taking this class between 28wks-34wks of pregnancy (on the earlier side if you are giving birth to twins). We encourage you to register in advance to secure your preferred class date as space is limited and classes fill up quickly.

Your registration fee includes yourself and one guest. No discounts are given for a single attendee. You will be provided with educational materials for class, light snacks and water. We encourage you to bring a lunch with you. Payment is due at the time of registration.

Class space is limited!

Learn more at www.concordobgyn.com

To register:

Call 978-369-7627

Email childbirthclasses@concordobgyn.com

or inquire at your next visit!