

# Childbirth Education Classes



**Join in for a series of childbirth classes and prepare to welcome your new baby.**

**Topics covered: Comfort Techniques, Labor Positions, Types of Delivery, Post Partum Care, Breastfeeding, Baby Care and much more!**

Register today for one of the following sessions:

Session 3 - January 22, 29 and February 5, 10

Session 4 - February 19, 26 and March 5, 12

The classes are from 6:00 p.m. to 8:00 p.m. and cost only \$25 per session (4 classes). Classes are offered at the Florida Department of Health in Seminole County located at 400 West Airport Boulevard Sanford, FL 32773



**Register for a session at  
[www.seminolecohealth.gov](http://www.seminolecohealth.gov)**

For more information contact :  
Alfredo Maldonado at (407) 665 - 3274 or  
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**Florida Healthy Babies (FHB) is a state-wide effort to address high rates of infant mortality at the county level.**