



# Express Childbirth Preparation Class

In this eight-hour childbirth preparation class, moms and their coaches will learn about:

- The stages of labor
- Breathing and relaxation techniques
- Pain management options
- When to go to the hospital
- Medical interventions during labor and birth
- What to expect immediately after baby's birth

For class dates, times, fees and registration, please call ResourceLink at (877) 728-5414.



**Dignity Health.**

Chandler Regional Medical Center  
Mercy Gilbert Medical Center

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