



# Virtual Childbirth Preparation - Charlotte (Online)

Start date: 9/26/2020 9:00 AM

End date: 9/26/2020 3:00 PM

Couples learn what to expect during labor and birth, signs of early labor, stages of labor, medical interventions and procedures, cesarean birth and pain management choices including relaxation and breathing techniques. Information also given on early newborn interaction. Please dress comfortably and bring two pillows, a blanket, towel or yoga mat to the class for floor exercises.

Registration: Required. Please register by clicking the book now button below.

Cost: This class \$10.00 percouple. This fee covers all course materials.

Location: This event is online. Upon registering, you will be sent a link to our online

Event location:

Online