

# Johnson County Community Health Services

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429 Burkarth Road  
Warrensburg, MO 64093

Phone: (660) 747-6121

## CHILDBIRTH EDUCATION CLASS

**Childbirth Education Classes** are offered to pregnant women and their support person.

Topics covered include:

- Overview of Body Parts
- Nutrition
- Fetal development
- Minimizing discomforts of pregnancy / Warning signs
- Stages of labor and delivery
- Tools for Labor
- Postpartum
- Newborn care
- Early parenting
- Safety issues
- Breastfeeding

Classes consist of group discussions, guest speakers, demonstrations and multi media. Pediatric CPR for those interested.

### **Class Schedule:**

Childbirth education classes are offered in **January, April, July, and October.**

### **How to enroll:**

Enroll for classes early in your pregnancy. To register call Johnson County Community Health Services at (660) 747-6121 ext. 281. **Classes are held in the lower level classroom at the rear entrance of the Johnson County Community Health Services office.**

**\*There is no class fee, but donations are accepted.**