



COMMITTED TO HEALTHY FAMILIES



Pregnancy and Birthing Classes

Our pregnancy and birthing classes are here to empower you with knowledge and support for a healthy pregnancy, delivery, and beyond. Choose from a range of free classes—from breastfeeding and childbirth to baby care—we're here to support you.

- **Labor & Birth:** Recommended during early to mid-third trimester of pregnancy
- **Breastfeeding:** Recommended during the third trimester
- **Baby's First Year:** Recommended during the third trimester
- **Birth Center Tours:** Available at select hospitals



Learn more and register for classes or tours by scanning the QR code or visiting munsonhealthcare.org/babyclass. Virtual and in-person classes are available and registration is required.

Questions?

Contact MHC-Community-Health-Staff@mhc.net.