

Healthy Beginnings Childbirth Classes

Are you interested in childbirth education?

The Ingham County Health Department is offering **childbirth classes at no cost** to participants.

Are you a first time parent?



- ◆ Join us for a 6-week course that will prepare you for the birth of your child.

Experienced but would like a refresher?

- ◆ Call to review comfort measures, labor positions and medications.

Unable to attend classes?

- ◆ Call to schedule a home visit with a childbirth educator.

For more information, or to register call Public Health Services at
517.887.4322.

