



Public Health
Prevent. Promote. Protect.

Lincoln County

Join Us for Free Childbirth Education Classes

With certified childbirth educator Rebecca Cabral
and Spanish Interpretation

April 16 - May 21, 2025
Wednesdays 5:30pm - 7:30pm

 **Newport Recreation Center**
225 SE Avery St, Newport



What to expect:

- **Informative Sessions** on pregnancy and maternity care
- **A meal provided** at each session
- **Special gifts** throughout the course
- **A baby shower celebration** for each participant at the end!



A Safe Space for Learning, Support & Connection