



CHILDBIRTH CLASSES



THURSDAYS FEBRUARY 26 - MARCH 26

Learn how to have a healthy pregnancy and birth, how to handle labor, and how to care for and feed your baby



Time
5:30 PM - 7:30 PM



Newport Recreation Center
225 SE Avery Street



**Free classes taught in English
with Spanish interpretation**

Dinner provided

**Baby shower with gifts for
parents and babies**



**FAMILY
CONNECTS
OREGON**



Public Health
Prevent. Promote. Protect.
Lincoln County



Call 541-265-4163 to sign up!