

Free Childbirth Classes

Thursday, July 7th

Thursday, July 21st

Thursday, August 4th

Thursday, August 18th

Thursday, September 1st

Thursday, September 15th

Thursday, September 29th

Address your fears

Decreased stress in labor

Learn breathing techniques

Connect with other mothers

Connect with your partner/labor coach

Learn/brush up on newborn care

Check out our beautiful facility in advance

To register please call
(561)996-6571 Ext. 8116



Lakeside
Medical Center
Health Care District Palm Beach County

