

1st floor in the Clinical Assembly Room

Childbirth

**1st and 3rd
Tuesday of every month**

1800-1930

1st floor CAR



Class

Welcome to our Childbirth Classes

Please Sign Up

***In the ring binder in OB
Clinic
waiting room***

**Instructors are:
Magdalena Terry RN
Tammy Villasana RN**

Topic's include:

The signs of labor; The normal progress of labor and birth; Techniques for coping with pain; How your partner can help you during labor; common childbirth complications and how they might be handled; vaginal birth and c-section. A tour of Labor, Delivery & Postpartum unit is included after class.

Childbirth classes provide an opportunity to meet other expectant parents and networking is a common benefit of the class.

POC

Maj-Liz Downey CNM, MSN
915-742-0870

Majliz.downey@us.army.mil

