



# 2010 Class Schedule

## Prepared Childbirth Classes

You and your birthing partner will learn about the birthing process including breathing and relaxation techniques, pain relief options for labor and delivery and postpartum care. We strongly recommend taking this class around the 28th – 30th week of pregnancy. Cost is \$30 per couple. Pre-registration is required. Apply early, as space is limited.

All classes meet from 6 to 9 pm for four weeks. These classes are held in the Cape Fear Valley Education Center on Village Drive.

\*If a class is held on a Tuesday evening due to a Monday holiday, that class will be in Auditorium A in the CFV Rehab Center.

January	Jan. 4, 11, 19, 25
February	Feb. 8, 15, 22, March 1
March	March 15, 22, 29, Apr. 5
April	Apr. 19, 26, May 3, 10
May	May 24, June 1, 14, 21
July	July 5, 12, 19, 26
August	Aug. 9, 16, 23, 30
September	Sept. 7, 13, 20, 27
October	Oct. 11, 18, 25, Nov. 1
November	Nov. 15, 22, 29, Dec. 6

## Saturday Accelerated Childbirth Classes

We now offer a one-day Prepared Childbirth class! You get all of the information from the three-week classes in one eight hour day! Cost is \$30 per couple and pre-registration is required. Apply early, as space is limited. All classes meet from 9 a.m.-5 p.m. on the following Saturdays. These classes are held at the Cape Fear Valley Education Center, 3418 Village Drive.

January 9	July 10
February 6	August 7
March 6	September 11
April 3	October 2
May 1	November 6
June 5	December 4

## Family Birth Center Evening Tours

Join us for a Family Birth Center tour so you'll be familiar with the facility when you arrive. On the tour, you'll see our home-like Labor, Delivery & Recovery suites and our Family Centered Care Unit, where you'll stay after you've had the baby. Our FREE tours are offered at 6 p.m. on the following dates:

January	Jan. 5, 19
February	Feb. 2, 16
March	March 2, 16
April	Apr. 6, 20
May	May 4, 18
June	June 1, 15
July	July 6, 20
August	Aug. 3, 17
September	Sept. 7, 21
October	Oct. 5, 19
November	Nov. 2, 16
December	Dec. 7, 21

## Breast Feeding Classes

Breast-feeding is not only convenient, it also has health benefits for both mother and child. This class covers all basics, including practical solutions to common problems, and get you prepared to begin breastfeeding. Fathers are welcome to attend this FREE class. Classes are held from 6:30-8:30 p.m. on the following dates:

February	Feb. 3, 17
March	March 3, 17
April	Apr. 7, 21
May	May 5, 19
June	June 2, 16
July	July 7, 21
August	Aug. 4, 18
September	Sept. 1, 15
October	Oct. 6, 20
November	Nov. 3, 17
December	Dec. 1, 15

## Registration

To register for the Family Birth Center Tours and Breastfeeding Classes, call CareLink at 609-LINK (5465).

To register for the Prepared Childbirth Classes or the Accelerated Childbirth Classes, please fill out the information below and return it with your payment (check or money order made out to CFVHS) to:

**CareLink,  
Cape Fear Valley Health System  
P.O. Box 2000  
Fayetteville, NC 28302**

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Due Date: \_\_\_\_\_

Address: \_\_\_\_\_

Name of Support Person: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

List dates you wish to attend:

1. \_\_\_\_\_

2. \_\_\_\_\_

(Cut along this line)

