

# 2017 Lamaze Childbirth Preparation Classes

## LOCATIONS:

Valaoras & Lewis Ob/Gyn Office OR Novant Health Triad Ob/Gyn Office  
245 Charlois Blvd 2909 Maplewood Avenue  
Winston-Salem, NC 27103 Winston-Salem, NC 27103

**DATES: Mondays – 6:00 to 8:30 pm**

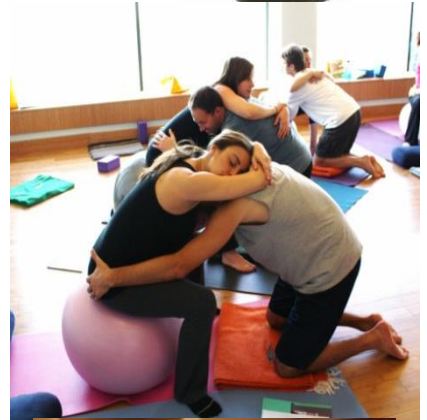
**Series 4 – August 21, 28, September 11, 18 and 25, 2017 at Novant Health Triad Ob/Gyn Office**

**Series 5 – October 2, 9, 16, 23, and 30, 2017 at Valaoras & Lewis Ob/Gyn Office**

**Series 6 – November 5, 13, 20, 27, and December 4, 2017 at Novant Health Triad Ob/Gyn Office**

**COST: \$100**

## **Celebrating Normal and Natural Birth**



For further information or to register, please contact the instructors:  
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## 2017 LAMAZE SERIES CLASS DESCRIPTIONS

**Each class is 2.5 hours long, and you can sign up for the entire Lamaze Series for \$100 or just register to attend one class for \$25 per class.**

**Class 1 – All About Birth...**understanding birth, a brief overview of healthy strategies for third trimester pregnancy, begin practicing comfort measures and helpful breathing techniques, and learn the stages of labor.

**Class 2 – All About Labor and Comfort...**learn more about the challenges and strategies to manage labor that include a variety of comfort measures (physical and emotional), practice relaxation, more breathing techniques, and options for pushing.

**Class 3 – All About Labor Part 2,** introduction of the three R's – Relaxation, Rhythm and Ritual, review and practice comfort techniques, learn all about the possible interventions, reasons for them and what they involve, and informed decision making. and selecting your birth preferences.

**Class 4 – All about Birth and Beyond...**putting it all together for your birth preferences, understand the hormones in the birth process, birthing, what happens after birth, postpartum care for mom, and breastfeeding.

**Class 5 – All about Baby...**newborn appearance and procedures and care, safe sleep, period of PURPLE crying, comfort techniques for the baby, bathing, and more.

