



OB/GYN ASSOCIATES

INTRODUCES:

PREPARED CHILDBIRTH CLASSES

**INSTRUCTOR: TARI JUSTIS, R.N., APN
775-972-3107**

THIS CLASS COVERS: NUTRITION, EXERCISE, WARNING SIGNS, PREGNANCY DISCOMFORTS AND COMFORT MEASURES, WHAT TO EXPECT DURING LABOR, DELIVERY AND POSTPARTUM, BREATHING, RELAXATION AND PAIN RELIEF TECHNIQUES, AND MORE!!!

SIX WEEK PRENATAL SERIES – MORE THAN 20 WEEKS PREGNANT

EVERY WEDNESDAY NIGHT FOR SIX WEEKS

7:00 P.M. TO 9:00 P.M.

FEE: \$75.00 PER COUPLE – INCLUDES 6 WEEK SERIES

LOCATION: OB/GYN ASSOCIATES LOBBY