



Free **ONLINE**

# BIRTH AND BEYOND CLASSES

Join the online class and get the facts! Classes are taught by Certified Childbirth Educators. All birthing persons, and their partners, are welcome to attend.

## PLEASE NOTE:

Please note that this series is best suited for those in their late second to early third trimester. Additionally, if the class reaches capacity, priority will be given to those with earlier due dates.

\*\*Participants who live in Region 8 and attend all classes will receive diapers and a pack-n-play\*\*

LABOR AND DELIVERY

POSTPARTUM PLANNING

NEWBORN CARE

**MONDAYS, FEB 3RD-24TH**  
6:00PM- 8:30PM

**REGISTER TODAY!**

[bit.ly/BirthandBeyondFebruary2025](https://bit.ly/BirthandBeyondFebruary2025)



SWMPQIC

Southwest Michigan Perinatal Quality Improvement Collaborative