



Regional Health Services of Howard County Childbirth Education Classes for 2010

Wednesday, January 6, 13, 20 & 27
Monday, May 3, 10, 17, 24
Wednesday, September 1, 8, 15, 22

Every healthy infant begins with good prenatal care. Parents-to-be receive the latest information on proper nutrition, exercise, relaxation techniques, and newborn infant care. Class leaders are registered nurses who use the Lamaze technique.

For more information and to register for classes, contact Lori Andera, RN, or Jeannie Freidhof, RN at 563-547-2101.

6:00 to 9:30 pm
Hospital Laura Rose Lobby
235 8th Avenue West
Cresco, Iowa
Fee: \$30

 **Regional
Health Services**
OF HOWARD COUNTY

www.rhshc.com

