

Regional Health Services of Howard County 2009 Childbirth Education Classes

Sessions for 2009:

January 7, 14, 21 & 28

May 4, 11, 18 & 26

September 2, 9, 16 & 23

6:00 to 9:30 pm

Hospital Laura Rose Lobby
235 8th Avenue West, Cresco, Iowa
Fee: \$30

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 Jan Spalla, RN, at 563-547-2101.

 **Regional
Health Services**
O F H O W A R D C O U N T Y

