

2022

# FREE VIRTUAL MATERNAL HEALTH AND BABY EDUCATION PROGRAM



Classes are offered in English and Spanish for Santa Clara Valley Medical Center patients. We may have interpreters for other languages.

**Please register early (at 20 weeks) in your pregnancy to secure a spot!**

## LACTATION CLASS

*You will learn all about breastfeeding.*

## MOTHER & NEWBORN CARE CLASS

*You will learn how to care for yourself and your baby after you give birth.*

## CHILDBIRTH PREPARATION CLASS

*You will learn about the stages of labor, the process of birth, and more.*

All classes are **FREE** and **VIRTUAL**

To attend a class, please contact your local Valley Health Center (VHC) or call Ambulatory Health Education Department at

**408-885-5436**

Please visit our website for more information:

**[www.scvmc.org/ahed](http://www.scvmc.org/ahed)**