



**Know what
to expect
next?**

FREE Childbirth Education Class

- When to go to the hospital
- What to pack
- Where to go
- Pain control
- Family and visitors
- Tour Maternity Center
- Postpartum care
- Breastfeeding
- Going home
 - umbilical cord care
 - circumcision care,
 - diaper changing
 - and more

Tuesday, May 7 @ 6:00pm
Highlands Education Center
– Harley Street

▶ Register Today or Learn More
256-218-3330

Highlands
Maternity Center