

Worcester County Health Department is pleased to announce local **FREE** childbirth classes for **FIRST TIME MOMS** regardless of insurance, **ALL TEENS & any women who have Maryland Medical Assistance or who are uninsured and live in Worcester or Somerset counties.**



# CHILDBIRTH CLASSES

*The class is a total of six hours & will meet three times on Mondays. Classes are FREE. Cash donations accepted.*



Location	Class dates		
<b>Berlin Health Center</b> 9730 Healthway Drive Berlin, MD 2811 410-629-0164	<b>February 6, 13, 27</b>	<b>3:00pm -5:00pm</b>	<b>2017</b>
	<b>April 3, 10,17</b>	10:00am-12:00pm	<b>2017</b>
	<b>June 5,12, 19</b>	10:00am-12:00pm	<b>2017</b>
	<b>August 14, 21, 28</b>	10:00am - 12:00pm	<b>2017</b>
<b>Pocomoke Health Center</b> 400-A Walnut Street Pocomoke, MD 21851 410-957-2005	<b>January 9, 23, 30</b>	10:00am-12:00pm	<b>2017</b>
	<b>March 6, 13, 20</b>	<b>3:00pm -5:00pm</b>	<b>2017</b>
	<b>May 1, 8, 15</b>	10:00am-12:00pm	<b>2017</b>
	<b>July 10, 17, 24</b>	10:00am-12:00pm	<b>2017</b>

**Instructor: Dawn Lowe, Nurse Midwife**

Classes will cover a variety of pregnancy topics, labor & delivery, basic newborn care, safety issues, and more.

All participants receive several gifts, including the booklets "*The gift of Motherhood*" and "*The Joy of Parenthood*".



Comments from women who have taken the class include:  
 "We definitely learned a lot to prepare for our baby's arrival." •  
 "Refreshing even for a 'veteran' mom." • "Found this class so valuable!"

**Transportation services to/from the class are available for those who have no other option.**

**Space is limited. Register today.**

Mother-to-be is encouraged to bring a support person.

Berlin 410-629-0164 Pocomoke 410-957-2005

