

# Lamaze

## Free Childbirth Preparation Classes



the process of labor  
comfort measures  
labor positions  
pain relief options  
medical procedures  
tips for partners  
baby's first hours  
transition to parenthood

Ask us about  
earning **FREE** baby  
items by  
participating in  
classes!

**Are you  
ready?**



**Where:**

Homewood-Brushton  
Family Support Center  
579 Rosedale St  
Pgh, 15208

**When:**

Tuesdays 5-7pm  
April 2, 9, 16, 23



Register for these **FREE** classes  
by phone or online  
412-945-7670 [www.mayaorganization.org](http://www.mayaorganization.org)

