

EMPOWERED CHILDBIRTH CLASS

Optimal positioning in labor

Coping mechanisms

Hands-on comfort techniques

Breathing & relaxation

Stages of labor, birth, postpartum, and more

Class is from 9 a.m. - 4 p.m.

with the option of participating in a
“trial labor run” at the end of class.

Classes held monthly.

Class cost is \$75.00 and includes a book.

Payment through www.eventbrite.com

You may wish to wear comfortable clothing you can move around in. Please bring a yoga mat or blanket and a pillow so that you can participate in any of the floor exercises.

Please feel free to bring snacks and a water bottle with you to the classroom.

**You will have a 45-minute lunch break. We have several
restaurants within walking distance.**

LOCATION

West End Women’s Health Center, 2611 West End Ave.,
Suite 380, Nashville, TN 37203

Adjacent to the Holiday Inn and across the street from McDonalds
615-936-5858

Free parking behind the building. You will receive parking validation if needed.

Enter from the back of the building; the elevator will be on your left after
coming in the exterior door. 3rd floor, suite 380

VANDERBILT SCHOOL OF NURSING NURSE-MIDWIFERY
AND PRIMARY CARE FACULTY PRACTICE